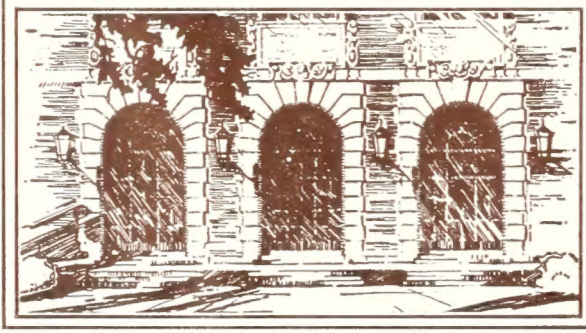

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 5, 1953

New Fiber For Rugs

Washable rayon rugs with a crimp-set twist finish that will not wash out will be available before long, says Florence King, textiles specialist, University of Illinois College of Agriculture. The rugs are made of a recently developed rayon fiber called Fiber E.

Designed particularly for use in floor coverings, this fiber is strong, crush-resistant, long-wearing, and low priced. It can be vat-dyed to give clear, lasting colors. In the dying process the crimp in the yarn becomes a permanent curl that simulates the twist-weave so popular in present day home decorating. The curl or twist will withstand washing.

Small sized rugs of Fiber E can be washed in the home washer; larger ones can be sent to the laundry. Shampooing and the special cleaning usually required for rugs is not necessary for rugs of Fiber E.

Carpet makers have been experimenting in knitting rugs of Fiber E and have reported encouraging results. Since knitting is a much less expensive rug construction process than weaving, knitted rugs can be made to sell at greatly reduced prices. The knitted rugs will resemble the woven carpeting that we are how familiar with.

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EJ:mi
12/30/52

FOR RELEASE WEEK OF JANUARY 5, 1953

Rugs

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FOR RELEASE WEEK OF JANUARY 5, 1953

Southern Spoon Bread Tempting Dish

Old fashioned spoon bread can take its place in any meal of the day. This nourishing dish is a good source of food energy, says Dr. Mary Fuqua, foods specialist, University of Illinois College of Agriculture. It is inexpensive too, and will add variety to any menu.

Serve it in place of bread or with the meat course as a pleasant change from potatoes. It becomes a hearty dinner or luncheon dish when it is topped with creamed tuna fish or chicken a la king. Served with maple sirup it will tempt the most jaded breakfast appetite.

It is easy to make, says Dr. Fuqua. Here is how you do it:

½ cup cornmeal	2 cups milk
½ teaspoon salt	2 or 3 eggs (two
1 tablespoon butter	large or 3 small)

Put cornmeal and salt in saucepan; stir in the milk and heat, with stirring, until a mush is formed--about 5 minutes. Remove from the fire, stir in butter and when melted, stir in the beaten eggs. Mix well and pour into a shallow, buttered baking dish. Bake at 375 degrees Fahrenheit until puffed and brown (about 25 or 30 minutes). Serve bread hot from the baking dish.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 12, 1953

Freeze Some Cooked Main-Dish Foods

If there's an unfamiliar emptiness in your home freezer, why not give main-dish combinations a bid for the spot? Ones like baked beans, beef or veal stew, chicken a'la king, Italian rice, Spanish sausage, and tomato sauce with meat balls. You'll find plenty of need for them during the remaining short, but busy, winter days.

To freeze the foods mentioned, prepare them in your usual ways, but shorten the cooking time for most of them. Meat and vegetables should be cooked until barely tender. They'll soften further during cooling, freezing and reheating, and you will have avoided loss of flavor and aroma by the unnecessary cooking.

If you plan to freeze stew, or other combinations that include potatoes, remember that cooked potatoes develop a poor texture once they are frozen, so it's better to cook them when you prepare the food for serving, and add them then.

The best way to thaw combination dishes is to heat the amount you need for the current meal in the top of a double boiler. It should take 45 or 50 minutes, and since you won't have to stir it often you'll have time to set the table, make a salad, and complete your other meal-time chores.

If you would like recipes and directions for laboratory tested ways of preparing these and other cooked foods for the freezer, send your request to the University of Illinois, College of Agriculture, Urbana. Ask for the circular "Freezing Cooked and Prepared Foods."

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1/6/53

FOR RELEASE WEEK OF JANUARY 12, 1953

Powdered Bleaches Safe for Fabrics

Powdered laundry bleaches are selling at the rate of two-million boxes every month. Homemakers are finding a number of different ones on the market, and are interested to know how these compare with traditional liquid bleaches.

Home Management Specialist Catherine Sullivan, University of Illinois College of Agriculture says if clothes are not extremely dirty, powdered bleaches will keep them white and fresh; but in the case of extreme soil a liquid bleach will be more effective.

The outstanding selling point of powdered bleaches, believes Miss Sullivan, is that they seem to be safe for all fibers. Also, if a bit of powdered bleach is spilled on clothing, it will not fade the colors nor will it harm the fibers in any way.

It is reported from a recent test that even when three times the amount of recommended powdered bleach was used, the colors in fabrics were not affected. Careful testing also showed that under good washing conditions, satisfactory bleaching was achieved without harmful effects on the tensile strength of the fabric.

Powdered bleaches seem to give the best results in hot water (150° F.). Sodium perborate in the chemical in the powder that is responsible for the bleaching action. Some powders contain more of this chemical than others, so of course the brands available are not uniformly effective.

In the last analysis, the homemaker will have to decide between the safety of the powdered bleaches, and the quick action of the liquid bleaches.

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1/6/53

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 19, 1953

Beef and Pork Liver Tasty, High in Nutrients

Every informed homemaker realizes that liver is "good for you," and that it is an excellent source of important nutrients. Some persons, however, are still unaware that beef, pork, and lamb liver can be equal and possibly superior in food value to more costly calves liver, says Geraldine Acker, food specialist, University of Illinois College of Agriculture. Pork liver is the economy buy, selling for about half the price of calves liver. Beef liver usually sells for about 30 cents less a pound than calves liver.

Liver can be served in a variety of dishes that are downright delicious, Miss Acker says. Very tender liver such as chicken or veal should be cooked quickly for a short time. Sauteing, pan or oven broiling, or deep fat frying are the preferred methods. Beef and pork liver, with a texture less tender and a flavor less delicate, are better when cooked more slowly and for a longer time. Miss Acker suggests braising, stewing, or baking this kind of liver.

Pork liver can be combined with vegetables or macaroni and tomatoes in casseroles. It can be ground and made into meat loaf or patties. It is easier to grind if you scald it first. Ground cooked

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Beef and Pork Liver Tasty, High in Nutrients - add 1

liver can be mixed with onion, mayonnaise and seasonings for a delicious sandwich spread. This will add important food value to the youngster's school lunch.

The flavor and texture of pork liver may be improved by marinating it for a few hours in well-seasoned French dressing or sour cream.

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Hint For Ironing Linens

To iron monograms or embroidery, place face down on a Turkish towel and iron dry on the wrong side. This raises the pattern and makes it possible to iron the fabric smoothly, says Fern Carl, clothing and textilies specialist, University of Illinois College of Agriculture.

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EJ:mi
1/14/53

FOR RELEASE WEEK OF JANUARY 19, 1953

Learn What's New in Homemaking at Illinois Farm and Home Week

Homemakers who appear at Farm and Home Week, University of Illinois, February 2 through 5, will find lots of variety in special classes planned for them by the home economics department.

Eighteen subjects will be discussed by home economists, and specialists in marketing, floriculture, horticulture, agricultural engineering and library extension. Group discussions will be held Tuesday, Wednesday and Thursday morning at 9, and Wednesday afternoon at 1:30.

The hour-long classes will dip into three areas of clothing and tell you "How to Match Stripes and Plaids," "How to Get Your Money's Worth in Fabrics" and "How to Select Textiles." Food will be given due attention under the labels "What's New in Foods," "Special Diets Prepared in the Home" and "This is the Way We Do It in Food Preparation."

"Child Guidance and Family Life" and "Family Reading with Little Children" will represent another area of homemaker's interests.

You'll be told "Ways to Simplify Homemaking Tasks" and "What to Look for in Buying Furniture" by members of the home management division. Helen McCullough will be on hand to show ways of "Using Household Storage Space Efficiently."

Still other topics that will vie for your attention are "Flower Arrangement," "Small Fruits for Home Planting," "Ornamental Plantings Around the Home," "Quality Vegetables for Home Use," "Farm Home Remodeling," "Selecting and Handling Poultry Products" and "Selecting Fresh Fruits and Vegetables."

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1/14/53

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 26, 1953

Watch That Sniffle

"Gently Blow," the title of the old lullaby, is a good slogan to keep in mind when the children have the sniffles, says health specialist Pauline Brimhall, University of Illinois College of Agriculture.

Never tell a child to "blow hard," Miss Brimhall says, because such procedure frequently forces harmful bacteria back from the nasal passages into the ear or head sinuses.

Both sides of the nose should be open when you "blow." Gently expel the air from the nose, and wipe with tissue or soft cloth.

Nasal spray or nose drops should be given to children only on the advice of a physician, Miss Brimhall says.

A dripping nose is frequently a symptom of one of the more serious common childhood diseases, such as measles, whooping cough or scarlet fever. For this reason it is best to treat a cold with respect and not pass it off as "just a sniffle." Children with cold symptoms should be put to bed promptly and kept isolated from other members of the family if possible, Miss Brimhall says.

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1/20/53

FOR RELEASE WEEK OF JANUARY 26, 1953

Reason Found for Brown Spots on Clothing

Brown spots and small holes that appear unexplainably in washable garments cause concern among many homemakers. These troublesome spots have also caused concern among dress manufacturers and among manufacturers of soap, detergents and starch, says Florence King, clothing and textiles specialist, University of Illinois College of Agriculture.

The U. S. Department of Agriculture reports that it may have found the answer. Several instances have been found where brown spots and holes have developed in a garment that contains a zipper made of two different metals--copper and aluminum, for example. When the garment is damp and in close contact with these metals, electrolysis takes place, giving off enough acid to damage the fabric. When a hot iron is applied, the damage shows up as brown spots and stains.

In addition to the dampness, the fabric must contain some substance that conducts electricity, such as the minerals sometimes present in hard water, salt found in some (but not all) liquid starch, or detergent left in the fabric by inadequate rinsing.

To protect wash garments with zippers against brown spots, let the dress dry to the damp stage, and iron without rolling up. If the garment must be dampened, leave the section around the zipper dry, and sponge it lightly with water when you iron it.

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EJ:mi
1/20/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 2, 1953

(Editor: Attached is a list of students, their home towns, and the high schools where they will speak. You may want to interview the girl in your area.)

University of Illinois Coeds Visit High Schools

High school girls yearning for a college education may find the picture more hopeful after this week. University of Illinois coeds will meet with senior girls in 21 Illinois high schools and tell them about college life and opportunities on campus.

In spreading the word about the University, the coeds are putting in a special word for their own department. All the college girls are upperclass students in home economics at the University. They volunteered to give some of their vacation time between semesters (Feb. 2-6) to visit high schools in their home areas and tell girls about home economics in college, especially as offered at the University of Illinois.

There are hundreds of career possibilities for the girl who is beginning her work in home economics. At the University there are 11 major fields of concentration, with many branches in each field. Graduates are in demand in widely separated fields, such as institution management, food demonstration, radio and newspaper work, teaching, dietetics and clothing and textile work.

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FOR RELEASE WEEK OF FEBRUARY 2, 1953

U. of I. Coeds Visit - add 1

Home economics graduates find that they have a good academic background, while at the same time their training is specific and usable. They find it is easy to combine a home economics career with homemaking.

According to the coeds, there are many ways for a student to cut expenses while at the University of Illinois. To begin with, a number of scholarships are available. For information about them, write to the University of Illinois Office of Admissions and Records, Urbana.

Many students at the University have a room-and-board job; some live in cooperative houses, while others secure part-time jobs through the student employment agency. It depends pretty much upon the individual whether he should try to have an outside job during his first semester on campus.

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AJR:mi
1/27/53

(List attached.)

FOR RELEASE WEEK OF FEBRUARY 2, 1953

Plentiful, Inexpensive Cabbage Is Vitamin Rich

Penny-wise and nutrition-wise is the homemaker who includes cabbage in her winter menus. This versatile vegetable is plentiful, low in price and a good source of important vitamin C.

Don't overcook cabbage, says Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture. Long cooking will produce a strong flavor and will cause the loss of important nutrients.

Use the dark green outside cabbage leaves if they are in good condition. Carotene, the precursor of vitamin A is present in this outer section.

To prevent the odor of cooking cabbage from permeating the house, place several slices of stale bread on top of the vegetable as it cooks in a covered pan. The bread will absorb the odor and should be discarded when the cabbage is cooked.

Mrs. Janssen suggests that you try the Chinese method of cooking cabbage. Shred the cabbage fine and put it into a heavy skillet in which a tablespoon of butter or margarine has been melted. Sprinkle the vegetable with salt and cook for two minutes, tossing it frequently. Serve immediately.

Cabbage cooked and served in milk has a delicious flavor. Important nutrients are not lost by solution in this cooking method.

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EJ:mi
1/27/53

FOR RELEASE WEEK OF FEBRUARY 2, 1953

U. of I. Students and High Schools They Will Visit:

Student	Home Address	High School to be Visited	County
Beimfohr, Roberta	Hennepin, Ill.	Henry H.S.	Marshall
Edwards, Roberta,	R.R. 2 Avon, Ill.	Avon H.S.	Fulton
		Bushnell—Prairie City Unit, Bushnell	McDonough
Garmand, Mary	R.R. 2, Bethany, Ill.	Bethany H.S.	Moultrie
Hanebutt, Pearl	Red Bud, Ill.	Red Bud H.S.	Randolph
		Waterloo	Monroe
Haven, Adele	334 Westminster, Lake Forest, Ill.	Lake Forest H.S.	Lake
		Libertyville H.S.	Lake
Hofmann, Lorraine	Morton, Ill.	Deer Creek—Mackinaw Unit High School	Tazewell
Johnson, Betty	R.R. 1, Maroa	Wapella H.S.	DeWitt
Krause, Carol	Easton, Ill.	Easton H.S.	Crawford
Large, Ruth	Owaneco, Ill.	Pana H.S.	Christian
McCue, Mary Ann	R.R. 1, Equality, Ill.	Ridgway Community H.S.	Gallatin
		Equality Township H.S.	Gallatin
		Shawneetown H.S.	Gallatin
		Norris City H.S.	White
Riley, Velma	R.R. 2, Griggsville	Pittsfield H.S.	Pike
Rogers, Mary Ann	Yates City, Ill.	Yates City H.S.	Knox
Stimart, Gene	5135 Fairview, Downers Grove, Ill.	Downers Grove H.S.	DuPage
Towsley, Caryl	417 S. Julian, Naperville, Ill.	Naperville,H.S.	DuPage
Wade, Phyllis	1709 North, Metropolis, Ill.	Metropolis Community H.S.	Massac

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1/27/53

for weeklies

homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 9, 1953

Well-Adjusted Parents Make for Well-Adjusted Children

If you enjoy being a parent, the chances are that you're a pretty good one. So says Margueritte Briggs, child development specialist, University of Illinois College of Agriculture.

Studies of well adjusted children show that most of these youngsters have mothers and fathers who enjoy parenthood, who love their children and let them know it, and who don't expect miracles in the way of childhood behavior.

"Well-adjusted" has come to be a common word in discussions about youngsters. It needn't worry the average parent, Miss Briggs says because the majority of children are well adjusted.

Here are a few questions you might ask yourself about your youngster:

Does he get along reasonably well with other youngsters his age? (All children quarrel occasionally, so make allowances for this).

Can he think independently? Does he make his own decisions about little everyday occurrences?

Is he generally cooperative and helpful?

Is he usually happy?

Is he learning to control his emotions?

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Well-Adjusted Parents Make for Well-Adjusted Children - add 1

Of course the child's reaction to situations will change as he grows and matures. Sometimes this change may not seem to be for the better. For example, a child of 6 is frequently more friendly, more courteous and more tolerant than the child of 11. The limitations and character traits typical of his age must always be taken into consideration, Miss Briggs says.

EJ:mi -30-

Milk Is Important In Diet of Older Folk

Over 60, under six, and all the years of your life, milk should be an important part of your daily diet says Dr. Marian Talbert Childs, nutrition specialist, University of Illinois College of Agriculture. Good nutrition for older folks is receiving more and more attention from health authorities and nutrition researchers as the life-span of the average American increases year by year.

Several studies now being conducted seem to indicate that both older men and older women show a great need for protein. They seem to benefit from intakes that are as much as, or more than that needed by younger adults.

Milk is a leading source of calcium, riboflavin, vitamin A and other nutrients, all of which are vital to good health. Three cups of milk, or the equivalent, is the minimum daily requirement for the "over 60's" who want to keep fit.

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EJ:mi
2/3/53

for weeklies

homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 16, 1953

Poor Food Habits Are a Handicap

URBANA--Eating habits, both good and bad, are built in infancy and childhood. You can expect a preschool child with sound food habits to emerge as an adult who eats practically everything. He'll be better off from the standpoint of nutrition, and his social contacts will be more pleasant.

Child development and family relations specialist Ruth Cooper, University of Illinois College of Agriculture, offers some additional comments on the subject.

Miss Cooper points out that we all know persons who are finicky about eating. They have definite likes and dislikes for certain foods. Generally these people are a social nuisance. No hostess enjoys worrying around with fussy dinner guests; she'd often rather not have them come to dinner. The situation is unfortunate, since these difficult eating habits might have been avoided or overcome in early years.

No matter what your age, however, if you know you are hard to "feed," you can overcome some of your food dislikes. Be patient,

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and use good judgment. If you think you can't learn to like a certain food, remember that almost everyone has to learn to like olives.

If the food you dislike is important nutritionally, or if it is a food that is served frequently, you'll be the winner if you learn to like it. You'll benefit both physically and socially.

One of the most effective ways to learn to like a previously disliked food is to try new ways of preparing it. For example, many people who "can't stand" liver are pleasantly surprised to discover that they can't resist baked liver loaf. Some people have found that they could gradually work up to liking raw oysters via the route of oyster dressing, baked oysters and oyster stew.

Perhaps you can improve the food habits of others in your family, too, if you study the problem and use the indirect approach of disguising unappetizing flavors with ones they like. Soon you may find that through a process of association they have come to like the flavors of formerly disliked foods.

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2/10/53

FOR RELEASE WEEK OF FEBRUARY 16, 1953

Explanations Help Reassure a Sick Child

URBANA--A sick child can be reassured by a simple explanation about his ailments, says Margueritte Briggs, child development specialist, University of Illinois College of Agriculture. Pain and physical discomfort are sometimes terrifying to adults, so it is no wonder that illness frequently frightens little children.

It isn't enough for a parent to say, "Oh, you'll feel better pretty soon," when a child actually feels miserable. Neither is it helpful for the child to be told, "This won't hurt," when he is about to receive a serum shot that will hurt.

The child will be reassured by a frank parental acceptance of the fact that discomfort and pain exist, Miss Briggs says. If the parent says, "I know it hurts, but--" and follows this with a simple calm explanation of just what the trouble is, what causes the pain and what will bring relief, the young patient will soon find peace of mind.

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EJ:mi
2/11/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 23, 1953

Defense Against Disease Starts at Home

The home is the first line of defense in the control of communicable diseases among school children, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

Sick children who go to school seriously endanger community health and jeopardize their own well-being besides. A child who has a headache, an upset stomach, a sore throat or the sniffles should be put to bed and isolated from the rest of the family if possible. Such precautionary measures will frequently forestall further serious complications. Moreover, a child who doesn't feel well is in no condition to do his school work.

An alert teacher is the major-general of the second line of defense. She is in a position to tell when children show signs of a cold or other symptoms of illness and to send them home.

The spread of communicable diseases cannot be controlled unless both lines of defense function efficiently.

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EJ:mi
2/17/53

FOR RELEASE WEEK OF FEBRUARY 23, 1953

Farm Living Trends Influence Financial Planning

Financial planning for the home should go hand in hand with planning for the farm. This cooperative planning is more necessary today than it has ever been before.

Mrs. Ruth C. Freeman, family economics specialist, University of Illinois College of Agriculture has been in charge of a research project on family spending during the past 24 years. Comparisons of yearly summary clearly indicate that one crucial question in projecting farm family living costs is whether the farm family uses more or less home-produced food.

According to Mrs. Freeman, home production is and will continue to be a significant source of food supplies for the farm family. However, in making financial plans, families need to recognize the fact that there has been a long-run trend away from home production of certain foods. This fact contributes to the need for a greater cash outlay for living.

Current trends in the supply of clothing, food, furnishings and equipment are noted briefly in a leaflet published by the Extension Service in Agriculture and Home Economics at the University of Illinois. Entitled "A Look Ahead in Farm Family Living in 1953," this publication is available for the asking. Address a card or letter to Home Economics Extension, University of Illinois, 206 Bevier Hall, Urbana.

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AJR:mi
2/17/53

for weeklies

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AJR:mi
2/17/53

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 2, 1953

Air and Sun Good for Woolens

Give your clothes the air if you want to keep them fresh and new looking. Air and sunshine are particularly good for wool garments, says Fern Carl, clothing specialist, University of Illinois College of Agriculture.

Never jam a wool garment into a crowded closet when you take it off, Miss Carl says. Hang it outside the closet where air is circulating. This will remove odors, allow the wrinkles to hang out and freshen the appearance of the fabric.

Besides this daily care, occasional thorough airing outdoors is beneficial. Combine this treatment with frequent brushing, and you will cut down on cleaning bills.

In most wool fabrics it is best to brush with the grain of the fabric. However, this is not a hard and fast rule. In some rough-textured wools and fleeces, it may be advisable to brush lightly against the grain to raise the nap.

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EJ:mi
2/24/53

FOR RELEASE WEEK OF MARCH 2, 1953

Waffles for Dessert

Dessert waffles add a party finish to a family meal. Anne Fluhr, foods specialist, University of Illinois College of Agriculture, suggests a few waffle variations for the family with a sweet tooth.

Chocolate waffles are sure to make a hit, especially if there are youngsters in the family. Simply add two squares of melted chocolate and three extra tablespoons of sugar to your standard waffle recipe. Serve with a scoop of whipped cream or a spoonful of hard sauce.

Fruit waffles are made by adding a cup of fresh or frozen blueberries or raspberries to the waffle batter. Be sure to drain off excess juice if you use frozen fruit. Chopped apples may also be used.

Top crispy waffles with ice cream, and spoon on chocolate or butterscotch sauce or fruit.

When berries are in season, try heaping some on waffle sections and pouring cold soft custard on top.

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EJ:mi
2/24/53

for weeklies

Homemaking news

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 9, 1953

Suggestions for Using Herbs in Cooking

Herbs add dash to any course of a meal, says Mary Vick, foods specialist, University of Illinois College of Agriculture.

For a before-meal snack, try rolling squares of cheese in caraway or poppy seeds and serving them on crackers or on a toothpick. Soak saltines in ice water, and top with softened butter to which curry or mixed dried herbs have been added. Brown the crackers under the broiler. These are tasty served by themselves or as an accompaniment to soups or salads.

Add one-half teaspoon of mixed herbs and one teaspoon of lemon juice to one-fourth pound of butter or margarine for a delicious sauce for fish, cauliflower or broccoli.

Herbs are almost a must for the well-flavored French dressing. Tarragon, thyme, rosemary, basil, alone or combined, add tangy zest. Try mixing a little dill with chives or onion in cottage cheese dressing, Miss Vick suggests.

Mix herbs with mayonnaise, spread the mixture on tomatoes and brown under the broiler for a few minutes. This is a colorful and delicious accompaniment to a meat course.

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Suggestions for Using Herbs in Cooking - add 1

Successful herb cooking is largely a matter of experimenting and tasting, so use your imagination. Use the herbs sparingly, adding a little at a time, and you're bound to be delighted with the results.

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EJ:mi

Extra Day in Bed Is Good Health Insurance

An extra day in bed is good health insurance for your youngsters even after a minor illness, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

When a child has had even a slight elevation of temperature, health authorities recommend keeping him in bed for a full twenty-four hours after his temperature is normal.

Any illness saps a child's strength and lowers his resistance to infection. An extra day or two at home with plenty of rest is just good common sense, Miss Brimhall says.

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EJ:mi
3/3/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 16, 1953

Directions for Freezing Eggs Available

Eggs from the freezer? Yes--for those hundreds of uses where, as the French chefs says, eggs are "the cement that holds the castle of cookery together."

Eggs in the freezer can be your guarantee of availability during the summer months when the hens go on vacation and egg prices are normally higher.

The weeks ahead, during March, will be the time when eggs should be more plentiful than during the rest of the year. So watch the markets, and plan your freezing schedule accordingly.

The storage times for frozen eggs, according to food research workers at the University of Illinois Home Economics Department, are six to eight months for frozen whole eggs and egg yolks and 12 months for frozen egg whites.

Dr. Frances O. Van Duyne, in charge of the research, has prepared--for homemakers--a set of directions for freezing eggs. The directions are available for the asking. Requests should be mailed to the Home Economics Department, University of Illinois, Urbana.

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AJR:mi
3/10/53

FOR RELEASE WEEK OF MARCH 16, 1953

Famous Artists Design Summer Cottons

You can make your own clothes this year and still be wearing a signed original, says Gladys Daniels, textiles specialist, University of Illinois College of Agriculture. Contemporary American artists have turned their talents to the dress-fabric field and are offering a number of their loveliest designs to the home sewer.

All of these original designs have the artist's signature on the selvedge of the material. The fabric used for most of these signature prints is fine crease-resistant cotton. All of them are protected by fine-arts copyright. Because of the copyright, you won't see the designs copied in inferior fabrics.

Artists' designs range from bold conversational patterns and abstract prints to quaint Victorian motifs that are reminiscent of grandma's day. Some of the artists of the magic-realism school have produced lovely shadow prints that feature muted colors and other-world shapes.

Contemporary prints of famous artists are also being shown in fabrics other than cotton, but fashion previews indicate that it will be a cotton summer for the smart woman.

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EJ:mi
3/10/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 23, 1953

Simplicity Keynotes Summer Styles

Beware of overdecoration when you plan your spring and summer wardrobe, advises Myra Baker, fashion and textile specialist, University of Illinois College of Agriculture.

The Midas touch is in vogue this year as many suits and dresses flaunt touches of gold and jewels. If you select one of these, choose accessories that are simple in line and that have little or no added decoration.

You can wear ornate jewelry with a simple basic dress, Miss Baker says, but never team it with a jewel-trimmed gown. Both the jewelry and the trimming lose their appeal when they compete with each other for the focal point of interest.

Abstract, geometrical and fanciful prints are prominent in the fashion picture too. Here again let the emphasis of your ensemble be on the design in the dress. Let your hat, shoes and bags be unadorned. A lovely print dress can be ruined by wearing it with a flowered or fussy hat, gay gloves or an ornate bag.

When in doubt, be conservative, Miss Baker advises. Simplicity and smartness go hand in hand.

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EJ:mi
3/17/53

FOR RELEASE WEEK OF MARCH 23, 1953

Having Food Problems? Send for "Family Fare"

"Family Fare," published by the United States Department of Agriculture, is a bulletin for the nation's 33 million homemakers who are trying to do a blue-ribbon job of feeding a family well. Illinois homemakers can obtain it by writing to Home Economics Extension, University of Illinois College of Agriculture, Urbana.

When you read "Family Fare," you'll find it packed with ideas to use in serving enjoyable meals and in keeping your family well nourished. There are ideas to help you practice thrift when need be, and also ideas to encourage you to save time and energy where you can.

One section is devoted to recipes of stand-bys and special dishes. Time-saving short cuts are given, together with suggestions for fitting many of the recipes into a lunch, dinner or supper.

Another section you'll refer to often is the one that lists ingredients, and their amounts, that can be substituted for other ingredients in a recipe. For instance, for one cup of all-purpose flour in bread baking, you can substitute up to one-half cup bran, whole-wheat flour or corn meal plus enough all-purpose flour to fill the cup.

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AJR:mi
3/17/53

for weeklies

Homemaking news

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 30, 1953

Light Touch Best for Summer Cottons

You will need a light touch in caring for the new embossed cottons that will be prominent in the summer fashion picture. So says Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Most manufacturers of these embossed fabrics recommend that you hand-wash them in warm--not hot--water and hang them to drip dry. Never wring or squeeze the wet garment, for this may make wrinkles that won't come out.

If carefully handled in washing, these cottons need little or no pressing. Never press embossed cottons when they are wet or damp. If you feel you must press, press lightly. Use a warm iron, Miss Gray advises. Set the heat indicator on the iron for "rayon" until you are sure that a higher temperature will not injure the finish.

Press with an up-and-down motion, never a back-and-forth one. The push-and-glide strokes of the iron may smooth out the fabric and remove the embossing. Once removed, it can never be restored. Washing, steaming or dry cleaning won't bring back the embossed texture.

Experiment with some scraps of material, or try the iron on the back of the pocket or a seam edge before you press the whole garment. This may save you costly mistakes.

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EJ:mi
3/24/53

FOR RELEASE WEEK OF MARCH 30, 1953

Take Care of Your Paint Brushes

Pat yourself on the back for the paint job you've just finished. But don't forget your duty to your paint brushes.

Good bristle brushes will give service for several seasons if you treat them right. But they can get as shapeless as a mop if you neglect them. These suggestions from home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, will help to keep paint brushes in good shape.

Clean your brush thoroughly before you put it away. If you used oil paint, varnish or enamel, wash the brush thoroughly in thinner. You can keep the thinner for future use. Just pour it into a gallon bottle when you've finished, and the paint will settle to the bottom.

After you've cleaned the brush with thinner, wash the bristles with soap and warm water. Get the soapsuds well into the base of the brush. Rinse; then repeat the sudsing process until all the color is washed away. While the bristles are still wet, straighten them with a fiber scrub brush. Then lay the brush flat to dry. When it is thoroughly dry, wrap it in paper to keep the bristles clean and in shape. Store flat or suspended in a rack.

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JR:mi
3/24/53

for weeklies

Homemaking news

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 6, 1953

Shine Disappears With Proper Pressing

URBANA--Is there a little shine on the back or on the elbows of your still-good wool suit? If the shine has been caused by wear, you can remove it temporarily; if it has been caused by poor pressing, you can remove it completely by correct pressing. So says Fern Carl, clothing specialist, University of Illinois College of Agriculture.

Be sure your ironing board is well padded, Miss Carl says. Woolens should never be pressed on a hard surface. Press the garment on the wrong side if possible. Lay either a heavy cotton or a wool press cloth next to the garment. Put a dampened light-weight cotton press cloth over it. The damp cloth should be thoroughly wet and then wrung out as dry as possible. If the shiny areas are particularly stubborn, try using a solution of one teaspoonful of household ammonia in a cup of water to dampen the top press cloth.

Use an up-and-down motion with the iron rather than a back-and-forth one. Lift and place rather than push and glide. Press with a light touch. Stop pressing before the fabric is completely dry. When the garment is dry, brush it lightly.

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EJ:mi
3/31/53

FOR RELEASE WEEK OF APRIL 6, 1953

Need to Relax? Put Your Feet Up

URBANA--It may not be good manners to take your shoes off and put your feet up, but it is a good health practice, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

Exercise your feet whenever you get a chance, Miss Brimhall suggests. Elevate them and wiggle, twist and stretch them. You will find it relaxing and restful. The best exercise for feet is correct walking in well-fitted shoes.

For foot health and comfort, Miss Brimhall suggests the following basic rules:

Wash your feet frequently--at least once a day--twice is better. Dry them thoroughly.

Change your shoes and stockings often. If possible, never wear the same shoes two days in a row. Change socks or stockings daily.

Be sure shoes and stockings fit properly. Both should be 1/2 to 3/4 of an inch longer than your foot.

Cultivate good posture, and give your feet proper support in well-fitted shoes.

Cut your toenails straight across--never shorter than the flesh.

Don't practice bathroom surgery. If you have corns or calluses that need cutting, see a doctor.

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EJ:mi
3/31/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 13, 1953

Good Quality Asparagus Now Available

Firm, plump and straight--that is the kind of stalk to look for in selecting asparagus, says W. F. Lomasney, vegetable marketing specialist, University of Illinois College of Agriculture. Crooked stalks indicate that the plant was weak and flavor and quality will not be of the best.

The bract, or flowering tip, should be compact and dark green. If the tip has started to open, the asparagus is either too mature or has been poorly handled. Overmaturity makes for toughness, and bad handling makes for poor flavor.

Because asparagus loses flavor and quality rapidly after it is picked, the quicker it is used, the better, Mr. Lomasney says. If you must keep it for several hours after you buy it, take off the elastic band or string that holds the bunch together, and store the asparagus in the refrigerator.

For best texture and flavor, use little water and cook asparagus as quickly as possible.

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EJ:mi
4/8/53

FOR RELEASE WEEK OF APRIL 13, 1953

Pot Roasts Low Priced and Nutritious

Good beef supplies mean that your butcher will offer rich flavored, nutritious cuts that are well within your budget. The United States Department of Agriculture has put beef on its March and April monthly Plentiful Foods lists for the first time in the 15-year history of the program.

Take advantage of these good buys. You may still want to reserve the tenderest loin and rib cuts for Sunday dinners, but for all these higher priced cuts there are many in the lower priced brackets.

Any cut of beef can be made tender and tasty if it is properly cooked. Moist heat, such as braising, stewing or pressure cooking, is best for lower priced, less tender cuts from the rump, chuck, plate, flank and shank.

When you buy a pot roast, you will want one that is at least two inches thick. Allow one-third pound or more for each serving if there is a bone in the piece. One-fourth pound per serving should be sufficient if the roast is boned.

Brown the pot roast over a high heat, using enough fat to produce a nice brown crust. After the roast is browned, add a small amount of liquid--water, tomato juice, canned soup or bouillon. Cook in a tightly covered kettle over low heat. Or else don't add the liquid and cook, covered, in a moderate (350°) oven. Plan on at least three hours for slow cooking. The time may be cut in half if you use a pressure cooker.

AJR:mi
4/8/53

FOR RELEASE WEEK OF APRIL 13, 1953

April 25--High School Hospitality Day, University of Illinois

Junior and senior girls from all high schools in the state are invited to the fourth annual Hospitality Day to be held at Urbana, Illinois, on April 25. The event is sponsored by the University of Illinois Home Economics Student Council and the home economics department.

The day's program, planned by the council, is designed to acquaint prospective students with the campus, help to answer their questions about college and interest them in home economics. Tours and laboratory demonstrations have been arranged to give guests glimpses into the fields of textiles, clothing construction, child development and family relations, family housing, home furnishings, foods and nutrition and journalism and radio in home economics. Activities are scheduled to fill the day from 9 a.m. until 4 p.m.

A faculty member or the mother of one of the girls is invited to accompany the students to this campus event. Those planning to attend should arrange for luncheon reservations with their high school home economics teacher or some other designated representative before April 14.

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AJR:mi
4/8/53

for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 20, 1953

May Day Custom Teaches Generosity

May Day gives you a chance to teach your child the joy of giving, says Helen Marshall, child development specialist, University of Illinois College of Agriculture. Giving develops thoughtfulness and generosity.

May-day giving can be inexpensive and joyful for your youngsters. In many communities the age-old tradition of hanging May baskets still exists. Here is giving at its best, for tradition requires that the child give without expectation of reward or thanks. According to custom, the youngster hangs the basket on the door of a friend and scurries away before the recipient can learn the identity of the giver.

If you are new in a community or if your child has just reached the age where he can enjoy this happy custom, check with other mothers in the neighborhood to find out what the local customs are.

Children can make the May baskets out of paper cups or boxes, using gay crepe paper as trimming. A paper cornucopia with a loop of string or yarn at the top is a simple-to-make May basket.

You can fill the baskets with garden flowers or with tiny candies or popcorn. The contents are not important; it's the fun of giving that counts.

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JJ:mi
/15/53

FOR RELEASE WEEK OF APRIL 20, 1953

Washing Machines Double as Dyeing Machines

Homemakers are using their washing machines as dye pots for big, hard-to-handle items like slipcovers, bedspreads, draperies and scatter rugs. The agitating action of the washer causes the material to dye evenly, without streaking or spotting. Cotton fabrics are especially adaptable to this method because they will dye at temperatures below the boiling point of water.

Directions for dyeing fabrics in the washing machine are not always included when you purchase a package of dye. But you can get directions by writing to dye companies that recommend the method. Also, some washing machine manufacturers give directions for dyeing in their machines.

Edna Gray, clothing specialist, University of Illinois College of Agriculture, points out that washing machine dyeing will not give full depth of color for all colors, especially the dark ones. But it will give pleasing results for all colors except black and navy blue. These two colors must be simmered and therefore are not recommended for use in the washing machine.

In general, use the very hottest water available for the dye bath. After putting the clean, wet material into the solution, agitate from 10 to 30 minutes. It is most important to put the material into the dye bath when wet, and not to "wad it up," for the dye must start to penetrate quickly and evenly.

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When the fabric has reached the desired color, rinse it in cool water until the water is colorless. It is best to damp-dry it in the machine or else roll it in a clean cloth and squeeze out the excess water. Don't put it through the wringer.

Be sure to clean the washer with hot water and soap or a synthetic detergent immediately after dyeing so that you won't forget and wash a load of white clothes in a stained tub. The lid will be easier to clean if you will line it with waxed paper or aluminum foil before dyeing.

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AJR:mi
4/15/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 27, 1953

Dye Odd Nylon Stockings

Does the money you spend for nylon stockings cut into your clothing budget? Here is a penny-saving tip from Mrs. Alice Coleman of the clothing and textiles division of the University of Illinois. Save your odd nylon stockings until you have a dozen or more, and then dye them and pair them.

This is the procedure: First use a color remover--follow the directions on the package. Don't be alarmed if the stockings turn yellow, green or orange. They will eventually become colorless. Any commercial dye that is suitable for nylon can be used for dyeing stockings. Select a neutral or beige tone and proceed according to the directions. You will find that most dye manufacturers recommend that you simmer the stockings in the dye bath for about an hour. Stockings dyed in this way hold their color through numerous washings. And the dyeing doesn't seem to lessen the strength of the fibers.

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EJ:mi
4/21/53

FOR RELEASE WEEK OF APRIL 27, 1953

Immunization at Dangerously Low Levels

Smallpox and diphtheria immunization levels have fallen so low that many Illinois communities are ripe for serious outbreaks. This information comes from the Illinois State Department of Health.

An immunization survey conducted in 42 communities shows that fewer than 50 percent of the children in some areas have been protected against smallpox and diphtheria. That percentage is so low that a single case of either disease in these areas could lead to a serious outbreak.

Many persons neglect to immunize their children because there have been no cases of smallpox and only 14 cases of diphtheria in the state in the past year. Immunization has led to the limitation of these diseases; failure to immunize is bound to lead to their spread.

Pauline Brimhall, health specialist, University of Illinois College of Agriculture, warns parents that children who have been immunized in infancy need booster shots at regular intervals. If your child has not been immunized against smallpox and diphtheria, see your doctor; if your child has been immunized, ask your doctor about booster shots.

Most doctors also recommend immunization against whooping cough and tetanus infection.

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EJ:mi
4/21/53

for weeklies

Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 4, 1953

Foods May Be Stored in Opened Cans

When you want to store canned food in the refrigerator, you don't need to empty the food from the can, says Dr. Mary Fuqua, foods specialist, University of Illinois College of Agriculture.

Many homemakers have the erroneous idea that canned foods ought to be emptied as soon as the can is opened. It just isn't necessary, Dr. Fuqua says.

Both the food and the can are sterilized when the food is processed. The dish into which you pour the canned goods may be far from sterile. It may, in fact, have bacteria on it that will cause food spoilage.

A few acid foods, if allowed to stand in the can, dissolve a little iron from the can, but this small amount of iron is neither harmful nor dangerous to your health.

Whether you store the food in the can or in another container, the important thing is to keep the food cool and keep it covered.

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CJ:si
4/28/53

FOR RELEASE WEEK OF MAY 4, 1953

Make Your Freezer Pay Its Way

How much does it cost you to operate your home freezer? About $79 a year, says the Department of Agriculture. The Department arrived at this figure by estimating the original cost of a 12 cubic foot box at $420, the life of the freezer at 12 years and the cost of electricity at two cents a kilowatt hour. On this basis, the yearly depreciation would be $30; the interest foregone, $14; repairs (figured at 2 percent of purchase price), $8; and electricity to freeze and maintain 400 pounds of food, $27.

To make your freezer pay, you must use it wisely, says W. J. Wills, specialist in agricultural economics, University of Illinois, who offers these suggestions:

Buy foods in quantity at quantity prices whenever possible.

Buy fresh fruits and vegetables and other foods at the peak of their season, and process them at home.

Budget your freezer space--remember, a full freezer will hold the same temperature longer than an empty one.

Don't keep food in the freezer too long--use it and replace it.

Use part of your freezer space to store left-overs and cooked foods that would otherwise be wasted.

Convenience of having foods on hand and the variety you add to your daily menus should compensate in large part for the cost of operating your home freezer.

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EJ:si
4/28/53

for weeklies

Homemaking news

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 11, 1953

To Be Safe, Be Tidy

A tidy home is a safe home, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture. Most of the accidents in homes are caused by carelessness.

A tidy homemaker doesn't clutter stairs and passageways. She doesn't keep her broom or mop on the basement steps where it can fall and trip the unwary.

A tidy homemaker doesn't keep cloths that have been used for polishing furniture or waxing floors. She washes cleaning cloths or throws them away. Many fires begin in closets where such cloths are stored.

A tidy homemaker takes time to wipe up the bit of grease or food that spills on the kitchen floor. When such spots are left on linoleum or plastic tile, they court disaster.

A tidy homemaker doesn't leave medicines, sedatives or even a bottle of aspirin within reach of curious youngsters.

A tidy homemaker makes sure that her home is a safe home for her family.

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:J:mi
5/5/53

FOR RELEASE WEEK OF MAY 11, 1953

Vitamin Pills Can't Replace Good Diet

A vitamin pill is no substitute for a good, balanced diet, says Dr. Mary Fuqua, nutrition specialist, University of Illinois College of Agriculture.

A haphazard diet bolstered by vitamin concentrates may be lacking in calories, protein, mineral elements or some of the essential nutrients that are still unknown.

Although persons suffering from vitamin deficiencies can benefit from vitamin concentrates, the average healthy person who has an adequate diet doesn't need added vitamins.

Take vitamin pills only if your physician recommends them. He will know just what vitamins and how much of them you need, and he will advise you what particular preparation to take.

In your daily diet include adequate amounts of the seven basic foods: one pint of milk for adults, one quart for children, or the equivalent in milk products; one or more potatoes, two servings of other vegetables or fruits; one serving of oranges, tomatoes, grapefruit, raw cabbage or raw greens; one serving of green or yellow vegetables; two to three tablespoons of butter or fortified margarine; two slices of enriched or whole wheat bread, or the equivalent in cereal each meal; one serving of meat, poultry or fish and four eggs a week.

Stick to this diet and you can forget about vitamin pills.

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EJ:mi
5/5/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 18, 1953

Make a "Golden Float" Eggnog

When your young Bobby and Sally turn up their noses at carrots or have a hard time finishing their milk, try combining these two nourishing foods in a carrot eggnog, suggests Harriet Barto, foods specialist, University of Illinois College of Agriculture.

Use a little psychology too, Miss Barto advises. Don't call it carrot eggnog, call it golden float.

Here is how you make it:

Combine one beaten egg, one-half small can of strained carrots, two tablespoons of orange juice and a pinch of salt. Then add one cup of very cold milk and one dip of vanilla ice cream. Mix the ingredients thoroughly and serve at once. This recipe makes enough for two servings.

Tomato juice cocktail can also be made with milk for extra nourishment and for taste variation. Be sure all ingredients are very cold. To make six servings, stir two and one-fourth cups of tomato juice slowly into one tall can of evaporated milk. Add one-fourth teaspoon celery salt or other seasoning. Onion juice or a dash of Worcestershire sauce may also be added.

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J:mi
/23/53

FOR RELEASE WEEK OF MAY 18, 1953

Pointers on Pressure-Cooking Meats

Cut your kitchen chores to a minimum now that summer is here. One good way is to make full use of your pressure cooker. Here are some pointers on pressure-cooking meats. They come from food specialist Anne Fluhr, University of Illinois home economics department.

Pressure-cook only those meats that are suitable for moist heat cookery, such as the less tender ones like pot roast and Swiss steak. Also, you'll like your pressure cooker for meat balls, short ribs, pork chops, pork shoulder steaks and smoked shoulder butt. Consult your instruction book for the time and amount of pressure to use.

Of course, you don't get the same flavor development in pressure-cooking as in long, slow cooking. But in some cases the three hours needed to cook certain cuts of meat in a covered pan can be cut in half by using a pressure cooker.

Miss Fluhr advises against using your pressure cooker for meats that require dry heat, such as rib roasts, ham slices and T-bone steaks.

Before you cook any meat (except smoked and cured meats), brown it well in a generous amount of hot fat. Then place the meat, except that used in soups and stews, on a rack in the pressure cooker to prevent it from becoming water-soaked.

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JR:mi
5/13/53

for weeklies

Homemaking news

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 25, 1953

Onions Are Plentiful and Cheap

An abundance of onions in the nation's markets bring no tears to the eyes of the nation's good cooks. Good cooks know that onions can be the life of the daily menu.

In selecting onions, suit variety to use, says W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture.

For salads and eating raw, and for mild, sweet flavor, select the flat white Bermuda onion or its small-sized, white-skinned relative. The round yellow onions have a stronger flavor.

If the skin crackles, the qualityof the onion is good. If the onion has begun to sprout or has softened at the growing tip, it is past its prime.

A cool, dry place where the air is circulating is the best place to store onions.

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EJ:mi
5/19/53

FOR RELEASE WEEK OF MAY 25, 1953

ıawing Method Doesn't Affect Meat Flavor

You can thaw meat that comes from the freezer slowly in the efrigerator, a littler faster at room temperature or faster still in ront of an electric fan. The three thawing methods are equally good, ıys Virginia Charles, foods specialist, University of Illinois College f Agriculture. Food experts do not recommend thawing meat in water, owever, as it loses flavor and nutritive value.

It takes about five or six hours to the pound to thaw meat ı the refrigerator, about two hours to the pound to thaw it at room emperature and slightly less time to thaw it in front of a fan.

Thawed meat deteriorates more rapidly than fresh, so it is lse to use it as soon as possible after it is thawed.

Meat can be cooked when it is frozen, but it takes a considrably longer time. It is often difficult to gauge the exact cooking lme for frozen meat, especially the larger cuts. Such cuts as steak r chops can be cooked without thawing.

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J:mi
/19/53

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 1, 1953

Cleanliness First Defense Against Moths

Dirt costs money, especially when you put it away in your clothes. Given his choice, a moth or carpet beetle finds a dirty garment much more tasty than a clean one.

Be sure clothes are really spotless before you put them away for the summer, says Edna Gray, clothing specialist, University of Illinois College of Agriculture. All clothing should be washed, dry-cleaned, aired or brushed before it is stored.

When you put wool garments out of doors to air and sun, brush them thoroughly, especially cuffs, pockets, folds and seams. Sun both the inside and the outside of the garment. Insect larvae missed in the brushing will fall to the ground when they cannot find protection from the light. Before you take the clothes from the line, give them another brushing. Carpet beetles fly around out of doors and may light on the garment after the first brushing.

As soon as you bring the clothes into the house or get them back from the cleaners, pack them immediately in an air-tight container. Zipper bags are not always air tight, and you may want to paste a strip of sealing paper over the zipper opening.

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Cleanliness First Defense Against Moths - add 1

To doubly protect your clothing against insect damage, you can spray the garments with an insecticide before you store them, or put paradichlorobenzene or naphthalene flakes or balls in the storage container. Moth-repellent flakes and balls vaporize in time, and you may have to replenish the supply every few months.

EJ:mi

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How to Thaw Baked Goods

Thawing prepared baked products takes only a short time. If the food has been baked and then frozen, thaw it in the unopened package. It takes about two hours for baked cakes to thaw at room temperature and about 30 minutes for cookies and chiffon pies. The flavor of baked pies is enhanced if they are allowed to heat in a hot (425 degree F.) oven for 20 or 30 minutes. Frozen baked rolls can be heated in their cellophane package in a slow oven (300 degrees F.) for about 20 minutes. Baked rolls packaged in aluminum foil will thaw and heat in 20 minutes in a moderately hot oven (400 degrees F.)

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EJ:mi
5/26/53

FOR RELEASE WEEK OF JUNE 1, 1953

Novel Ways to Serve Onions

Onions are flooding the market. This year's bumper crop is high in quality and low in price.

Why not serve onions to the family tonight in a new and tempting dress? asks Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture.

Baked onions are easy to fix and unusually good. Select medium-sized onions and cut them in half crosswise. Sprinkle them with salt and pepper and dot them with butter. Bake them in a covered casserole for about an hour at 375-400 degrees F.

Glazed and panned onions are cooked on the top of the stove. The small silver-skinned onions are good for glazing. Boil them about 10 minutes until they are almost tender, and drain them thoroughly. For four servings, melt three tablespoons of butter and add three tablespoons of sugar. Cook over low heat, stirring occasionally until the onions become brown and glazed.

Panned onions are cooked in a saucepan without water. Slice the onions crosswise, and separate into rings. Melt about one tablespoon of butter per pound of onions. Add the onion rings and cook in a covered pan over a low flame. Stir occasionally.

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J:mi
/26/53

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 8, 1953

When a Child Hurts Other Children

What's to be done when a child hurts another child? Dr. Nellie L. Perkins, child development specialist, University of Illinois College of Agriculture has some "do" and "don't" suggestions for parents.

To begin with, says Dr. Perkins, don't rely on tit-for-tat punishment to "teach him what it's like." A child won't understand a grown-up's attack on him. Rather, he'll decide that this is a harsh, cruel world, full of powerful adults who will hurt him.

It is better not to demand an apology or ask him to promise never to do it again. You may get an appearance of conformity while resentment is building up underneath. That can be dangerous for him and for you in your relationships with him.

Don't tell him that you like him when he is good, but not when he is naughty. Let him know that you love him at all times, no matter what he does. Try not to let your sympathy for the victim or your sense of justice make you angry. Keep your head. Stay cool.

If you catch a child about to hurt someone, quietly prevent it. You may need to hold him. Say to him, "You mustn't do that to

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Sally; it hurts her." or "You're hurting Sally." If you happen to be the victim, say, "I won't let you do that. I don't like it; it hurts."

If you arrive too late to prevent an accident, soothe the hurt child. Explain without any hint of blame in your voice, "He should not have hurt you--but he was tired"--if you think that was the case. Or "He didn't realize he was hurting you, but he must learn."

When a child has hurt someone, take him away from the group for a short time. You do this not as a punishment, but to give him a chance to pull himself together. You may say, "You're not ready to be with other children just now."

Practice the rule--calmly, consistently, firmly--that whenever a toy or tool is used to hurt or threaten another child, that object will be taken away. Divert the child. Start him doing something else.

Try to arrange things so that the two children who have come into conflict are able to play happily together later on.

Teach a child gradually that some things are socially acceptable and some are not: When he does certain things, like hurting other, people don't like it. Be sure, however, in getting this point across, to assure him that he is liked and loved, but that there are some things he just must not do.

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AJR:mi
5/2/53

FOR RELEASE WEEK OF JUNE 8, 1953

Be Careful With Insecticides

Hot weather brings out the insects, and homemakers immediately bring out the insecticides--the spray, the powder, the aerosol bomb. Most insecticides are poisonous to animals and to humans, warns Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

Here are a few safety rules to protect you and your family when you use insecticides:

When you use insecticides, either liquids or powders, be sure that dishes and cooking utensils are covered and that food is stored where it won't be contaminated.

Don't store insecticides in the same cupboard with foods.

If you spill insecticide on your skin, wash it off promptly.

When spraying insecticides, breathe in as little of the mist or dust as possible.

Keep children and pets off sprayed surfaces until the spray has dried.

Use insecticides on children's clothing only when you are going to store it. Before allowing the child to wear treated garments, have them dry-cleaned.

Many oil-based insecticides are flammable. Don't use them near open flames, sparks or electric circuits.

When you finish using an insecticide, empty the unused material into the original container, clean the sprayer or the duster and wash all exposed surfaces of the body with soap and water.

Store insecticides out of the reach of children.

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EJ:mi
6/2/53

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 15, 1953

Put Raspberries in Your Freezer

You will have the best luck in freezing raspberries if you use a sugar sirup rather than a dry sugar pack, says Dr. Katherine Hivon, University of Illinois food specialist. Use either a 30 or 40 percent sugar sirup, depending on the berry and the sweetness desired. Thirty percent sirup is made by dissolving one cup of sugar in two cups of water; forty percent sirup is made by dissolving one cup of sugar in one and one-fourth cups of water.

For the dry sugar pack, use one cup of sugar to five cups of berries. Tests have shown that this product rates lower in quality and flavor than when either of the sirups are used.

Raspberries are a delicate fruit and need careful handling. Be sure to freeze only firm, ripe, whole fruit.

The choice of variety is especially important. The purple and red varieties freeze better than the black. If you prefer black raspberries to red ones, choose a variety with small seeds. Seediness is more objectionable in frozen berries than in fresh ones.

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EJ:mi
5/9/53

FOR RELEASE WEEK OF JUNE 15, 1953

Cheese Cake--You'll Like It

Icebox cheese cake is a delectable dessert. Make it with baker's cheese or with smooth creamed cottage cheese. Dairy manufacturing specialists at the University of Illinois suggest that you feature their recipe during June, Dairy Month.

The cheese filling is to be put into a pan lined with a graham cracker crust. Here are their directions:

Soak 2 tablespoons plain gelatin in ½ cup water. In a double boiler prepare a custard made from the following ingredients: ½ cup milk, 2 egg yolks, ½ cup sugar and 1 teaspoon salt. Stir the custard during heating. When it begins to thicken, add the gelatin and beat until smooth.

Cool the custard in cold water. Then stir into it 2 cups of seasoned baker's cheese or smooth creamed cottage cheese. As seasoning, use a teaspoon each of grated lemon rind and pure vanilla extract, plus 3 tablespoons lemon juice. If you use cottage cheese, be sure to put it through a sieve first to break all the curds.

Into the mix you now have, fold 1 cup of heavy cream that has been sweetened and whipped. Last of all, fold in 2 egg whites that have been beaten until stiff. Fill the pie shell, sprinkle with a few crumbs left from the shell and then chill the pie 6 to 12 hours before you serve it.

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AJR:mi
5/9/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 22, 1953

Remember the Repellent

When you're packing for your vacation trip or getting Junior ready for a few weeks at summer camp, remember the insect repellent.

Insect bites not only can be unpleasant and irritating, but also can lead to serious infections.

Most repellents work best when they are applied directly to the skin. They are safe to use unless you have an abrasion or broken spot on your skin or unless your skin is particularly tender.

Be careful to keep repellents away from your eyes and mouth because they may cause brief, but rather severe, stinging.

The chemicals in some repellents are likely to spot or stain synthetic fibers, such as rayon, nylon or Orlon. And keep them away from plastics--eyeglass frames, pocketbook handles and combs. Many repellents contain a chemical that dissolves plastics.

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5/17/53

FOR RELEASE WEEK OF JUNE 22, 1953

Good Package Insures Good Frozen Food

Frozen food can be no better than the package it is stored in. In selecting packaging materials, don't be penny wise and pound foolish. Those pennies you save by using makeshift cartons such as commercial companies use for ice cream, milk and cottage cheese may cost you a loss of valuable flavor and quality in the frozen product.

Unless the food is properly packaged, the low temperature in the freezer and the fluctuation in temperature will rob the food of much of its natural juices and flavor.

A good freezer package should be moisture-proof, vapor-proof leak-proof, easy to fill, easy to seal, easy to handle and inexpensive, says Frances Cook, foods specialist, University of Illinois College of Agriculture. It should also be compact so that it will use a minimum of freezer space.

There are several freezer packages on the market that can be reused. Many of them have plastic, cellophane of pliofilm liners that can be tightly sealed.

Glass jars can be used for freezing, but there is always danger of breakage. Cans are also satisfactory, but they are not always convenient to use.

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EJ:mi
5/17/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 29, 1953

Death for Carpet Beetles

It's time to spray for carpet beetles. Those neighborly little insects do more damage in Illinois than their fellow pest, the clothes moth. Carpet beetles like to go visiting. These unwelcome guests fly from house to house, and the homemaker needs to spray thoroughly and frequently to keep them from lunching on her clothes and furniture.

A household spray containing two percent of chlordane or one-half percent of lindane is effective against both clothes moths and carpet beetles, says Howard B. Petty, entomologist, University of Illinois College of Agriculture. You can use such a spray as either a surface or a contact spray.

A five percent DDT spray is not completely effective against carpet beetles because it will kill them only if it hits them. As a surface spray it will kill moths, but it won't kill carpet beetles.

When the chlordane or lindane surface spray dries, it leaves a thin deposit of insecticide. Because it kills the insects that crawl over it, it gives protection for several months. For continuous prevention of insect damage, you should spray surfaces once or twice a year.

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Apply the surface spray with a household sprayer that produces a continuous coarse mist.

Chlordane and lindane can be used for spraying infested materials and for spraying surfaces where insects are apt to crawl. It should not be used for over-all spraying of the interior of rooms.

Because carpet beetles frequently live behind baseboards and moldings, in cracks in the floor, in corners behind radiators, in the air ducts of heating systems, on closet shelves and in bureau drawers, pay particular attention to those spots when you spray.

Besides liking wool, carpet beetles also feed on mohair, hair, bristles, fur, feathers and down. They also eat organic matter--hair that falls from pets, lint and dead insects. Both carpet beetles and moths find the sweepings in the vacuum cleaner tasty, so empty your cleaner bag after each use.

Because most insecticides are poisonous, keep them away from youngsters and pets and inhale as little of the fumes from the spray as possible.

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6/23/53

FOR RELEASE WEEK OF JUNE 29, 1953

Raw-Pack Method Best for Beans

Beans canned by the raw-pack method retain more flavor, freshness and crispness than beans canned by the precooked method. The raw-pack method, tested by the U. S. Department of Agriculture, is both convenient and safe. It saves jar heating and precooking and requires no longer processing time than the old precook method.

There is one disadvantage in the new method, however. You won't be able to get quite so many beans in a jar as when the beans are precooked. This is a point to consider if jars and storage space are limited, says Geraldine Acker, foods specialist, University of Illinois.

Here are the directions for raw-pack canning:

Wash the beans, trim the ends and cut the beans into one-inch pieces.

Pack the raw beans tightly in glass jars to within one-half inch of the top. Cover with boiling water, leaving one-half inch of head space at the top of the jar. Add one-half teaspoon of salt to each pint--one teaspoon to quarts. Adjust the jar lids. Process in the pressure canner at 10 pounds' pressure. Pint jars take 20 minutes, quarts take 25 minutes. If containers are not the self-sealing type, complete the seal as soon as you remove the jars from the canner.

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EJ:mi
6/23/53

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 6, 1953

Treats From Stale Bread

A little imagination and a few quick tricks can convert stale bread into a meal-time treat. Use it to make garlic, onion or cheese bread, says Frances Cook, foods specialist, University of Illinois College of Agriculture.

To make garlic or onion bread, add the garlic or onion to creamed butter or margarine and let the mixture stand at room temperature for twenty or thirty minutes. If you are in a hurry, you can melt the butter and add the seasoning. Spread the mixture between the slices of bread. Wrap them together in aluminum foil and heat them in the oven.

To make cheese bread, substitute grated American or Parmesan cheese for the garlic.

You can also make toast rings or croutons from stale bread. To make the toast rings, use the doughnut cutter to cut bread circles. Toast them to serve with any meal, or substitute them for biscuits or crust on a meat pie or casserole dish.

Croutons go well with soup or salad. They can be made from stale bread and can be plain or flavored with lemon juice, onion,

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Treats From Stale Bread - add 1

celery seed or herbs. Cut the bread into cubes, and brown it in a skillet with butter or salad oil. Add the flavoring to the butter when you want flavored croutons. Let the cubes stand at room temperature, or cook them in a slow oven until they are thoroughly dried. If you store them in a tightly covered container, they will stay crisp for several weeks.

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How to Roast Corn Out of Doors

Corn will soon be plentiful, so plan to include this American favorite in your next cook-out menu.

For perfect roasting ears every time, remove the silks, but leave the husks on. Soak the corn in cold water 1 to 1½ hours. Drain off the water, and smooth the husks over the corn. Place the ears on a grill over the glowing coals. Allow 20 minutes for cooking, turning the ears every five minutes or so. Remove the husks and serve the corn with softened butter.

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6/30/53

FOR RELEASE WEEK OF JULY 6, 1953

Cloth-Covered Brick--a Big Help in Sewing

Once you've used a sewing brick, you'll never want to sew without one," promise students in clothing construction laboratories at the University of Illinois home economics department.

The bricks used in the classes are building bricks that have been covered with material. Heavy, firmly woven material is best. The material is shaped to the brick like a neat package and then tacked.

Students pin their fabric to the cloth covering to anchor the work and keep it firm while they pin hems or other construction lines. Not having to "fight" their material makes sewing a pleasure instead of a strain.

Students are encouraged to sit up straight and to keep their work flat on the table, not in their laps. This prevents seams from stretching and grainlines from pulling out of place. It also saves nerves and helps to prevent tired, aching backs.

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AJR:mi
6/30/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 13, 1953

Fermented Milks No More Nutritious Than Ordinary Milk

Fermented milks don't live up to the extravagant claims some people make for them. They are not, for instance, "more healthful and superior in all respects to the usual forms of milk," as occasional advertising would have us believe.

Milk in all its safe forms (clean and uncontaminated, from disease-free cows) is an excellent food. According to Dr. Marian Tolbert Childs, nutrition specialist, University of Illinois home economics department, we can't make milk more nutritious simply by adding microorganisms and causing it to sour and change flavor, texture and consistency.

The soured or fermented milks--yogurt, buttermilk, acidophilus milk, and others--are prepared from cows' milk, whole or skim. Their nutritive value will be practically the same as the milks from which they were prepared--but no greater.

Nutritionists have found that it makes no difference whether we use fluid milk or other forms or products of milk, so long as our diet includes enough to supply our daily needs for calcium, riboflavin and protein.

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Fermented Milks No More Nutritious Than Ordinary Milk - add 1

It is usually agreed that grownups need 2½ to 3 cups of fluid milk each day to meet their nutritional needs. If fermented milks are used instead of sweet milk, then 2½ to 3 cupfuls will be necessary if no other forms of milk are used.

Many people enjoy the acid flavor and pleasant aroma of the fermented milks. Their use in ordinary amounts is not likely to be harmful. But persons who have normal digestive capacity and normal acid secretion do not need fermented milks.

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Buy Beef Now

Now is the time to buy beef for your home freezer, says the United States Department of Agriculture. While beef will continue to be plentiful, there won't be quite so much of it grading top quality in the next few months as there has been.

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EJ:mi
7/7/53

FOR RELEASE WEEK OF JULY 13, 1953

Guard Against Food Spoilage

Keep food cold or hot, but never warm. Staphylococci, the bacteria that cause food poisoning,multiply rapidly at room temperature. Soft protein foods like custards, chicken salad, potato salad, poultry dressing, creamed food and roasted meats are subject to rapid and dangerous spoilage when they are kept at room temperature.

Foods that cause food poisoning frequently show no signs of spoilage. They may look, taste and smell perfectly all right, says Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

To guard against food spoilage, keep cooked food refrigerated. This is important when you are planning outdoor meals and picnics. If you prepare the lunch a few hours before it is eaten, pack salads and meat in ice to assure safe eating.

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EJ:mi
7/7/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 20, 1953

Plenty of Peaches for '53

Plenty of peaches this year is the prediction of fruit growers who anticipate a harvest of more than 55 million bushels. Southern peaches from Carolina, Georgia and Arkansas have already appeared in local markets.

The first of Illinois' anticipated crop of 600,000 bushels will start to market about July 20 and will continue in quantity through most of August, says W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture.

The crop looks as though it would be of top quality unless dry weather in southern Illinois continues. Prolonged lack of rain will cut down on the size of the fruit.

Elbertas, which make up about 80 percent of the Illinois crop, will start being shipped about August 5.

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7-15-53

FOR RELEASE WEEK OF JULY 20, 1953

Why Blanch?

Be sure to blanch all vegetables when you prepare them for the home freezer. Blanching slows or stops the action of the enzymes.

Up to the time a vegetable is picked, the enzymes help it mature. After that the enzyme turns bandit and robs the vegetable of its flavor, color, texture and food value.

Freezing alone doesn't stop the enzyme action. That is why unblanched vegetables become dark and tasteless in the freezer.

Most vegetables are blanched by submerging them in boiling water. Use a large covered kettle and a fine mesh basket that fits into it. Some mesh baskets have a cover to keep the vegetables down in the water.

It is important to adhere strictly to the blanching time given in your freezing guide for each vegetable, says Frances Cook, foods specialist, University of Illinois College of Agriculture. Over-blanching can spoil the texture of the frozen product.

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EJ:sb
7-15-53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 27, 1953

Cold Pack Best for Tomatoes

Tomatoes packed by the cold-pack method are superior in flavor, texture, color and fragrance to those canned by the hot-pack method, according to recent experiments conducted by the United States Department of Agriculture.

What's more, the cold-pack way is quicker and easier than the hot-pack.

Wash the tomatoes and plunge them into boiling water for half a minute. Then dip them in cold water for a few seconds and peel. In peeling, be sure to remove all the core at the stem end, as leaving part of the green core in tomatoes may cause spoilage.

Pack the tomatoes into clean, sterile jars. You can press the fruit down gently in the jar, but don't squash it. Leave one-half inch of head space, and add a teaspoon of salt to quart jars and one-half teaspoon to pints. Process in boiling water--45 minutes for quarts and 35 minutes for pints.

Select only firm, ripe tomatoes for canning. A bad spot or an over-ripe mushy tomato can lead to costly spoilage, warns Frances Cook, foods specialist, University of Illinois College of Agriculture.

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-21-53

FOR RELEASE WEEK OF JULY 27, 1953

Wise Shopping Is Good Manners

When you shop, make it a habit to count your change as you pay. It's smart to watch scales and measuring devices too. This is not a matter of distrusting anyone; it's just good business on your part.

Here are some other tips that may help you get the most value for your money. They come from Mrs. Ruth C. Freeman, specialist in family accounts, University of Illinois College of Agriculture.

When you are buying things that come in specific amounts, state the amount you want, such as a gallon, a dozen or a yard, rather than ask for a dollar's worth. This will make it easier to check your sales slip with the amount you paid for. Knowing the exact amounts purchased will make your home account records more helpful in future planning.

Approach salespersons in a courteous and friendly manner. They are more likely to help you find what you want and the price you can pay. Besides, good manners make shopping enjoyable for both of you.

You'll want to inspect the merchandise you are considering buying, but treat it as if you were going to buy it. If you soil a dress with lipstick or by letting it touch the floor, it adds to the store's expenses and is reflected in higher prices to you.

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AJR:sb
7-21-53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 3, 1953

Super-Market Thrills Girl From Wales

Not the tall buildings, not the vast plains, not the honking Chicago traffic, but an Illinois super-market is the most exciting thing in America, says young Gladys Prichard of Wales. Gladys is in this country on the International Farm Youth Exchange program.

In talking of her visit to a super-market, Gladys said, "I was so surprised when we approached the door and it just popped open to let us in. And then we took our little trolleys and started around. What a display of food! I had never seen anything like it in my life--and it all looked so good. I should like to buy one of each item and take it home to show my family." She was particularly impressed by the prepackaging and by the variety of ready-mixed and prepared foods.

Gladys explained that rationing still exists in Wales, although she expects restrictions on sugar, butter and meat to be lifted by the time she goes home in September.

After visiting the University of Illinois campus and being interviewed on station WILL, Gladys left for the White Eagle Rural Youth camp at Leaf River. She will also attend the Junior Leadership conference and the Rural Youth camp at 4-H Memorial camp near

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Monticello. She will visit with farm families in Cumberland county from August 1 to 9 and from August 15 to September 8.

Gladys comes from a family of four children, all of whom have finished school and are working on the family farm in Caerphilly near Cardiff in South Wales. She was chosen as one of four girls from Britain to come to this country on the Youth Exchange program. She is a member of the Young Farmers' club, an organization similar to 4-H and Rural Youth in this country.

Her favorite hobby is not cooking or sewing, as you might think, but stock judging. She is rated very highly at it.

When she was asked what questions American young folks most frequently ask her, she replied that usually they ask her to pronounce the town with the longest name in the world. It is in Wales.

"I guess I have said it a hundred times," she said.

For your information it is Lanfairpwllgwywgyllgogerychl-landysyliogogogoch.

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EJ:mi
7/28/53

FOR RELEASE WEEK OF AUGUST 3, 1953

Safe Storage Time for Cooked Foods

How long can cooked foods be refrigerated and still be eaten with safety? Homemakers who prepare food several days in advance of its use need to know. Foods specialist Frances Cook, University of Illinois College of Agriculture, suggests the following storage times as the approximate limit:

Hard-cooked eggs, with or without the shell and refrigerated in covered containers, can be safely eaten within ten days after cooking, but the whites will start to become tough and rubbery within two or three days.

Use left-over casseroles, meat pies and stews within three or four days of refrigerator storage.

Salads are among the most perishable foods. Plan to hold them for only a brief time. Those made of cooked meat, poultry, fish and eggs should be used within three or four hours. Vegetable and fruit salads may keep a bit longer--possibly between four and six hours. Salads, of course, are always best when freshly mixed, with the dressing added just before serving.

If you like to keep refrigerator doughs on hand for baking fresh rolls, plan to use the dough within five days. Raw cookie doughs will be good up to three weeks. Use left-over batter for pancakes and waffles within three or four days.

Refrigerator storage should keep baked pie shells in good condition for three to seven days. If they become soggy, reclaim them by heating in the oven. But if they are moldy or rancid, throw them away.

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/28/53

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 10, 1953

Freezing Peaches

You'll have better quality frozen peaches if you peel them without dipping them into boiling water. Halve or slice them directly into a carton that contains sugar sirup; press them down until they are completely covered by the sirup. Seal at once and freeze. When you use this technique, the peaches are less likely to discolor because they are not exposed to air for so long a time.

Research under the direction of Dr. Frances Van Duyne, University of Illinois College of Agriculture, shows that a sirup of 50 to 60 percent sugar concentration is best for freezing peaches. For a 50 percent sirup, dissolve one cup of sugar in four-fifths cup of water; for a 60 percent sirup, use one cup of sugar to one-half cup of water. Stir or heat the water to dissolve the sugar, but be sure the sirup is cold before you add the peaches.

To help prevent browning, you can dissolve ascorbic acid tablets or crystals in the sugar sirup. Ask for them at the drugstore. Use three 50-milligram tablets for one cup of sirup, or one-fourth teaspoon of crystals to four cups of sirup. Mix the tablets or crystals with the cold sirup as you need it, since there will be some loss of strength if you dissolve the acid too long ahead of time.

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AJR:mi
8/5/53

FOR RELEASE WEEK OF AUGUST 10, 1953

Directions for Freezing Corn

Cut corn off the cob for freezing if you want the best flavor and texture, advises Dr. Frances O. Van Duyne, foods and nutrition specialist, University of Illinois College of Agriculture.

Remove the husks and the silk. Blanch the corn on the cob for 8 minutes, allowing 4 quarts of water for 8 medium-sized ears. Cut the corn off the cob after blanching; package it and freeze it immediately.

Freezing corn on the cob has been found to have some disadvantages: It is hard to package. The prefreezing blanch may not inactivate all the enzymes in the corncob and therefore increases the chances of off-flavors. Unless the frozen corn on the cob is thawed before cooking, it requires a long cooking time to heat through. The result of overcooking is inferior taste and texture.

If, in spite of these disadvantages, you want to try putting a few packages of corn on the cob in your freezer, don't plan to keep them for more than four months.

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EJ:mi
8/5/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 17, 1953

Cottage Cheese Is Meat Substitute

Cottage cheese, like meat, is a high-protein food. You can use it instead of meat in family meal planning, says Dr. Stewart L. Tuckey, food technologist, University of Illinois College of Agriculture.

The two foods differ a little in mineral content. Cottage cheese has more calcium than meat; meat has more iron.

Cottage cheese can add food value to fruit and vegetable salad plates and is an ideal filling for sandwiches.

Here are some sandwich-combination suggestions from Dr. Tuckey:

Combine cottage cheese with any of the following: chopped dried fruits, raisins, dates or prunes; chopped green or stuffed olives; preserves, jam, marmalade or honey; sliced or chopped cooked bacon; finely chopped pickles; chopped hard-cooked eggs; diced tomato; chopped nuts; relish; and chopped celery.

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8/12/53

FOR RELEASE WEEEK OF AUGUST 17, 1953

No-Knead Peanut Butter Bread

Try peanut butter bread for a pleasant variation in your meal planning. It requires no kneading, so it is easy to prepare, says Frances Cook, foods specialist, University of Illinois.

Here is how you make it:

1 package yeast (compressed or dry)
1/4 cup water (lukewarm for compressed yeast, warm for dry)
2 cups sifted enriched flour
1/4 cup peanut butter (crunch style)
1 teaspoon salt
1/2 cup milk
1 egg
1/4 cup brown sugar

Soften the yeast in the water. Scald the milk, add to it brown sugar and salt and cool to lukewarm. Add 1 cup flour and peanut butter and beat until smooth. Add softened yeast and egg and mix well. Add enough flour to make a thick batter. Beat thoroughly. Cover and let rise in a warm place until bubbly--about an hour. Stir lightly and spread in a greased loaf pan 4½ by 8½ inches. Let rise until double in bulk--about 45 minutes. Bake in a moderate oven (350 degrees F.) about 35 minutes.

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/12/53

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 24, 1953

Rested Children Are Best Pupils

Send your children back to school refreshed and rested. To do this, get them on their school-time routine for a couple of weeks before school starts, suggests Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

Regular eating and sleeping habits sometimes suffer during the summer when all the family is on an easy-going schedule. Although this may not be particularly harmful, Miss Brimhall says, it is important that children re-establish regular habits when school time rolls around.

Although sleep requirements vary with different children, most school-aged youngsters need at least 10 hours of sleep. Adequate rest will not only help them keep in good physical condition to resist disease, but will also help them stay mentally alert for their school work. Rested children are also happier and more amenable than children who are allowed to become overtired.

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EJ:mi
3/18/53

FOR RELEASE WEEK OF AUGUST 24, 1953

Pickle Peaches for a Special Treat

Pickled peaches are a gourmet's dish. Although they take a little time and effort to make, they add a real fillip to the main course at company dinners. Small peaches, which are usually less expensive than medium and large-sized ones, are suitable for pickling, says Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

Here is how you make them:

Wash and pare about 8 pounds of peaches. Stick two whole cloves into each peach. Combine two tablespoons of whole cloves, eight two-inch sticks of cinnamon, two pounds of sugar and one quart of vinegar, and cook the mixture for 10 minutes. If you prefer, you can tie the spices in a clean, thin, white cloth rather than add them directly to the sirup. Add the peaches and cook slowly until the fruit is tender but not broken. Let stand overnight.

In the morning drain the sirup from the peaches, and bring it to a boil until it has thickened. Pack the peaches into clean, hot, sterile jars. Pour the hot sirup over them, filling the jars to the top, and seal them tightly. Yield is about six pints.

Keep pickled peaches in a cool place for several weeks before serving to allow the flavors to blend.

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J:mi
/18/53

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 31, 1953

Beef for Thrifty Meals During September

Lots of beef for stews, ground beef and pot roasts during September is the prediction for midwest markets by the United States Department of Agriculture. The bulk of the supply will be less tender beef from grass-fed animals.

The protein in this lower grade beef is just as valuable, nutritionally, as that in the most expensive beef cuts.

Sleeter Bull, professor of meats, University of Illinois College of Agriculture, says that lean meat is the best buy when you are looking for economy and nutritive value. Lean meat is usually less expensive than well-fatted cuts and is more completely eaten than fat meat.

When you buy, take into consideration the proportions of lean, fat and bone on the piece you have in mind. The amount of trimming and boning necessary will influence the number of servings you'll get. Sometimes the boned cuts are a better buy than bone-in cuts.

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AJR:mi
8/25/53

FOR RELEASE WEEK OF AUGUST 31, 1953

Traffic Safety for School Children

Darkness comes quicker now, and after-school traffic with its rush and clutter calls for renewed prescriptions for traffic safety. These suggestions are passed on to you by Mrs. Ruth C. Freeman, University of Illinois, coordinator of the Illinois Safe-Homes Program.

If your youngster rides a bicycle, see that the bike is trimmed with white or scotchlite so that it can be seen by motorists. Indispensable, too, for night traffic safety,are reflectors and a headlight. The investment will pay off handsomely. Parents should help a younger child and encourage an older one to make their bicycles as safe as possible.

Another prescription for cyclists--and pedestrians too--is to wear light-colored clothing or to carry something white while going home during the dusk-lit evening hours. Bicycle riders are expected to obey the same traffic rules prescribed for motorists. In Illinois this includes use of the arm signals for turning or stopping, observance of stop signs and others.

Pedestrians are supposed to walk on the left of the roadway, facing traffic, when there are no sidewalks. Light-colored clothing, or something made of fluorescent material, may be the "life preserver" that brings Junior and Mary walking home safely.

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AJR:mi
8/25/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 7, 1953

Another Fabric for Curtains

Fortisan, used for parachutes during World War II, is being used now as window fabrics.

Home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture, says that special qualities claimed for Fortisan are great strength, light weight, fade resistance and resistance to stretching and shrinking.

Stretching and shrinking stability is important in curtains, since it prevents them from stretching and dragging on the floor, as well as keeps them from "hiking up."

Fortisan, a cellulose fiber made by the Celanese Corporation of America, is frequently blended with other fibers. It has been used with cotton and with rayon to make sheer, gauze-like window fabrics.

Future uses planned for the fiber include shirting and dress fabrics, plus foundation garments and the heating coils in electric blankets.

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AJR:sb

FOR RELEASE WEEK OF SEPTEMBER 7, 1953

Vicara Blends Popular for Sweaters

Sweater fashion parades are showing a wide use of Vicara. This man-made fiber will delight you with its cashmere-like beauty and its economy.

Clothing specialist Edna R. Gray, University of Illinois College of Agriculture, says Vicara is a boon to persons who are allergic to wool. Vicara is similar to wool in warmth and absorbency; it looks and feels soft. It resists pilling, shrinking and felting. It is almost entirely free from static, so sweaters won't cling to you if they contain enough of it.

When these qualities are blended with other types of yarn, see what happens:

When blended with nylon, Vicara contributes softness and absorbency. Laundry is no problem, since neither nylon nor Vicara needs any special care in washing. The sweater will be moth proof and free from the irritating tendencies that make some people sensitive to wool.

When Vicara is blended with wool, economy is a major factor. Vicara's less-than-luxury cost plus its lasting cashmere-like beauty helps to give sweaters an expensive look without upping the price. Laundry procedures will have to be the same as for an all-wool garment.

Vicara is made from zein, the protein taken from corn. You probably won't find an "all Vicara" sweater, since it is almost always used in blends. Besides its use in yarns, Vicara blends are being used for many other fabrics.

JR:sb

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 14, 1953

Cost of Popularity--Fruits and Vegetables

It's easier to save on the grocery bill if you have a family that's trained to "eat everything." Prices on fruits and vegetables are influenced by consumer demand, and the less popular ones are often the better buy.

W. F. Lomasney, extension economist in fruit and vegetable marketing of the U.S.D.A., points out that carrots and cabbage, both high in demand and low in spoilage, carry typical retail markups of over 40 percent. In the same stores, broccoli and Brussels sprouts, not so popular but more perishable, carry typical markups of only about 7 percent.

According to Lomasney, recent studies of buying practices in Illinois show that highly colored red apples sell 30 percent faster--and at premium prices--than apples of the same variety, size and eating quality that are not so well colored.

The study also showed that potatoes of uniform medium size sell better, and at premium prices, than similar potatoes of varying size. "Unfortunately," says Lomasney, "most people don't seem to recognize real food quality."

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JR:mi
/9/53

FOR RELEASE WEEK OF SEPTEMBER 14, 1953

Smaller Eggs Good Buys Now

Don't look down your nose at small eggs. Chances are they'll be better buys during September and October than the large ones.

Marketing specialist Emer Broadbent, University of Illinois College of Agriculture, says that smaller eggs from pullets are most plentiful at this season and are apt to be most reasonable in price.

According to Broadbent, eggs that are sized "Small" will weigh at least 18 ounces per pound, "Mediums" will weigh 21 ounces and "Large" will weigh at least 24 ounces. He says consumers are apt to be disappointed with the Large eggs they buy now, because at other seasons they are accustomed to having Jumbo and Extra Large eggs thrown in with the Large ones.

Broadbent gives this rule of thumb to help you decide which size is the best food buy among eggs of the same grade:

Small eggs, he says, are worth one-fourth less than large eggs, and medium eggs one-eighth less than large ones. So if Large eggs sell at 60 cents a dozen, Small ones should cost 45 cents, and Medium ones should cost 53 cents.

If you wish to figure prices even further, you can compare the costs per pound of edible eggs by means of a simple chart prepared by Broadbent, which is available to you without charge. Simply send your request for "How to Buy Eggs and Poultry," to the College of Agriculture, University of Illinois, Urbana, Illinois.

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JR:mi
/9/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 21, 1953

Reading Courses for Homemakers

Any Illinois homemaker can enroll in a home economics reading course. The courses are sponsored by the University of Illinois Extension Service in Agriculture and Home Economics, the Illinois State Library and the Illinois Home Bureau Federation.

Lulu Black, assistant state leader of home economics extension, says any person interested in reading can learn about the program and get an enrollment card from the county home bureau office or from the county library chairman.

Reading courses have been outlined on the following subjects: Sex Education, Recreation, Parent-Child Relations, Mental Health, Landscaping, Housing and Household Equipment, Home Furnishings, Health, Getting Along With Other People, Foods and Nutrition, Family Money Management, and Clothing and Textiles. Another course called "Books for the Homemaker" gives a selected list of reading in various areas.

Readers use books from their local library if the books of their choice are available. If they are not, they may be ordered from the Illinois State Library. In the latter case, the only cost to the reader is the return postage.

If you would like one of the reading lists, send your request to Home Economics Extension, University of Illinois, Urbana.

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JR:mi
/15/53

FOR RELEASE ON RECEIPT

Nutrition Conference Scheduled for Decatur

The Illinois Nutrition Committee Fall Conference is scheduled for Decatur, Illinois, Orlando Hotel, Saturday, September 26, 9:00 a.m. (DST). Representatives from organizations throughout the state have been invited to participate.

The conference is to serve as the "kick-off" meeting for the state-wide Nutrition Week, November 15-22, which is sponsored jointly by the Chicago Nutrition Association and the Illinois Nutrition Committee. "Food First for Fitness" has been selected as the theme.

The afternoon session will be devoted to over-all plans for Nutrition Week. Exhibits that can be duplicated by local groups will be on display. Nutrition films available for loan will be shown, and lists of nutrition materials will be available.

Dr. Thelma Porter, chairman, home economics department, University of Chicago, and coordinating chairman for Nutrition Week, will keynote the afternoon session. Her topic is "Implementing What Is New in Nutrition." Gertrude Kaiser, assistant state leader, Home Economics Extension, University of Illinois, will lead a panel discussion on "Nutrition Week in My Community."

Two outstanding speakers have been scheduled for the morning session: Dr. Kate Daum, University of Iowa Hospital, Iowa City, Iowa, has as her topic "Study of the Effects of Different Types of Breakfast on the Physical and Mental Efficiency of Young and Old People." James L. Fox, Fox DeLux Foods, Inc., Chicago, will discuss needed changes in food legislation in Illinois.

(A 12 o'clock luncheon has been scheduled. Reservations should be made with Mrs. Reuben Judge, 1521 East Prairie, Decatur, not later than September 24.)

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JEH:si
9/15/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 28, 1953

How to Fold Contour Sheets

Contour sheets are easy to fold, once you have the knack. If you follow step-by-step directions for the first sheet or two, you'll have the method so well in hand that the folding job will need little thought or attention.

Catherine Sullivan, home management specialist, University of Illinois College of Agriculture, suggests that you start by folding the sheet lengthwise, bringing the selvages together. Let the corners hang free at both ends. (The corner pockets should be right side out.)

The next step is to place the sheet on a flat surface, such as the table or ironing board, with the selvage edges toward you. With your left hand, grasp the extreme left end of the sheet and tuck the top corner pocket down into the bottom one. Then fold the left end of the sheet over to the selvage edges. This gives a diagonal fold at the end of the sheet. Fold the other end of the sheet in exactly the same way.

If you plan to iron the sheet, do it at this point. After ironing, fold it in half lengthwise by bringing the center fold to the selvage edges. Fold both ends of the sheet to the middle; then fold in half again as many times as are necessary, depending on storage space.

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JR:mi
/22/53

FOR RELEASE WEEK OF SEPTEMBER 28, 1953

Pickling Troubles? Check the Salt

Have you heard this comment: "My pickles were not so good as usual last year. I don't know what went wrong."

The problem is to find the "why" for those not-so-good pickles before making this year's supply--even before buying the ingredients. For example, salt is one ingredient that can give trouble aplenty unless it is selected carefully, according to Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

You have your choice of three grades of salt for pickling: granulated, flake (which is sometimes listed as dairy) and medium. Some local grocers stock the three grades, particularly during the food preservation season. In some sections of Illinois, feed stores also stock the three grades.

Avoid using table salt if you want top-notch pickles, says Miss Acker. Most brands contain a material to prevent caking, and this added ingredient tends to cloud the brine and give an off-flavor to pickles. The label will list the ingredient added.

Coarse salt is unsuitable too. It dissolves slowly and is difficult to distribute as evenly as the finer salt.

For best results, weigh the salt rather than measure it. Some salts are more bulky than others. For example, it takes about one and one-half cups of flake or medium salt to weigh as much as one cup of granulated.

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9/23/53

for weeklies

Homemaking news

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 5, 1953

Slip Covers, Plain or Patterned?

"I'll be making slip covers this fall. Should I buy plain material or patterned?" Illinois homemakers are raising this question, and it is a difficult one to answer, for there is no rule-of-thumb to fit all situations.

Start your planning by taking stock of three things, suggests Mrs. Dorothy Twardock, home furnishings specialist, University of Illinois College of Agriculture. Consider the size of the furniture to be covered, the kind of room in which it is to be used and the amount of pattern in the other furnishings.

Furniture that is large and massive can wear a dress that is bold in design and bright in color, provided it is to be used in a large room. On the other hand, furniture that is delicate in line and design deserves a dress of plain or small-patterned material.

If the other furnishings in the room have a distinct design, slip covers of plain material will give a pleasing, restful appearance. Use figured slip covers to give accent and tone to plain walls and rugs and draperies.

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Slip Covers, Plain or Patterned? - 2

Use great care in selecting a patterned material. Spread it full width on the counter, and then move far enough away to get a good perspective. Does the material give a pleasing effect, or is it spotty and "busy"? Will it fit into the room where you plan to use it?

Plain materials are gaining in popularity, and they have much to recommend them. Some are so interesting in texture and weave that they give a feeling of pattern. Generally they are easier to use and more comfortable to live with than those with a definite color pattern.

Whether you select patterned material or plain, give attention to quality, warns Mrs. Twardock. Material need not be expensive, but it should be firmly woven and should not have much sizing.

Avoid heavy, bulky materials. Denims, sailcloth and barkcloth are a few that deserve consideration. They offer good color range and a choice of plain or pattern.

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JEH:mi
9/29/53

FOR RELEASE WEEK OF OCTOBER 5, 1953

Nutrition Week to Be State-Wide

Watch for "Food First for Fitness" sign in your community. It's the theme for state-wide Nutrition Week scheduled for November 15 through 21, and you and members of your group will be asked to lend a hand.

The Illinois Nutrition Committee and the Chicago Nutrition Association are teaming up with organizations throughout the state to create a demand for good nutrition on the part of every individual. Dr. Thelma Porter, head, Home Economics Department, University of Chicago, is coordinating chairman, with Lillian Nash, nutrition consultant, Cook County Department of Public Health, co-chairman, representing the Chicago Nutrition Association, and Gertrude Kaiser, University of Illinois, representing the Illinois Nutrition Committee.

Some of the cooperating organizations are the Illinois Medical and Dental Associations, Illinois State Restaurant Association, Illinois Department of Public Health, Illinois Welfare Association, Illinois Agricultural Association, Illinois Congress of Parents and Teachers, Illinois Federation of Women's Clubs and Illinois Home Bureau Federation.

It is a community action program, says Miss Gertrude Kaiser, co-chairman for the week and member of the University of Illinois College of Agriculture. Schools, 4-H Clubs, FFA and FHA groups, dairies, grocers and even church organizations have indicated an interest in helping.

Each community will take its cue from the theme, "Food First for Fitness," and then outline plans for the week in terms of local facilities. A speakers' bureau is being organized, and nutrition films available for loan are being listed. Every public library in the state is being alerted to display books and pamphlets on nutrition.

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JEH:mi
9/29/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 12, 1953

4-H Club Members Help Prevent Fires

Illinois 4-H Club members believe that fire prevention calls for attention every day of the year. In 1952 more than 10,000 home economics Club members alone were enrolled in the fire prevention activity. The enrollment is expected to be even higher this year.

Fire prevention the 4-H way is a cooperative job. As soon as a member enrolls, he or she, along with mother and dad, makes a complete inspection of the home and surroundings, check list in hand.

Everything from heating equipment, including chimneys and flues, to the rubbish piled in the basement or attic is noted. If professional help is needed to check the electric wiring, that help is secured. Fire extinguishers, roof-length extension ladders, methods of storing kerosene and gasoline, along with habits of work, are listed.

The inspection tour completed, the family begins work to remove fire hazards and to make needed repairs and corrections. As improvements are made, they are checked off the list. A second inspection tour is made before the member's record-of-work is sent to the county farm or home adviser for summary.

In addition to the work they are doing at home, 4-H members are helping to prevent fires in their community. Talks on fire prevention at school, at church and at club meetings stress personal responsibility for keeping homes safe. Demonstrations on proper use of equipment, repair of extension cords, extinguishing a fire quickly and building and extinguishing camp fires serve to emphasize the theme for 1953 Fire Prevention Week, "Fire Feeds on Careless Deeds."

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0/6/53

FOR RELEASE WEEK OF OCTOBER 12, 1953

Simple Desserts Are Best

Crisp, cool apples plus crackers and cheese make about as good a dessert as one can find. Best of all it's quick to prepare and easy to serve.

Make the dessert "extra-special" by sending it to the table as a cheese tray or plate, and let folks help themselves. They'll come back for seconds, says Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

Choose the foods with an eye for interest in color and texture as well as flavor. Illinois Jonathans and Illinois Golden Delicious give good color contrast. Slice or section the apples just before serving time to prevent browning, or sprinkle the cut fruit lightly with lemon juice.

Your choice of cheeses will depend on family preference, but American Cheddar, Swiss, Camembert and Roquefort are good flavor companions for apples.

Toasted crackers or wafers always call forth praise. Vary the kind, size and shape, and the service will be attractive and easy to arrange.

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EH:mi

Money for Food--How Much per Person?

The amount of money we are spending for food continues to increase, says Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture.

From an average of $400 per person in 1952, the figure has increased to about $405. While this increase is not large, it does serve to point up the fact that we as a nation like to eat. Our total food bill for 1953 will show an increase over the sixty-four billion dollars spent in 1952.

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for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 19, 1953

Beef Continues on "Good Buy" List

There is not much change in beef prices this week. Ground beef and the less tender cuts continue to be good buys for penny-wise food shoppers.

Most folks like stews, provided they are perfectly cooked, seasoned to taste and served piping hot, says Geraldine Acker, foods specialist, University of Illinois College of Agriculture. The most inexpensive cuts of beef can be made into excellent stews, and about 2 pounds of lean meat without bone will make 4 or 5 generous servings.

For extra flavor and good color, brown the meat in a small amount of fat before you add the liquid. To avoid long cooking, add the vegetables when the meat is almost tender.

Once the stew is prepared, there are many attractive ways you can serve it. Try serving it in a border of riced potatoes or flaky rice or with dumplings.

Make a meat shortcake by piling beef stew on hot biscuits. Or serve it as meat pie with a topping of golden brown biscuits or a flaky crust.

Beef stew is a good team mate for macaroni or spaghetti. Put the combination into a casserole or baking dish, top it with crumbs and bake in a moderate oven until nicely browned. Send it to the table in casserole, and serve it piping hot.

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EH:mi
2/13/53

FOR RELEASE WEEK OF OCTOBER 19, 1953

Tips for Amateur Painters

Scores of folks are trying their hands at interior painting these days. Some are delighted with the results; others are disappointed. Wherein lies the difference?

There is more to a professional paint job than just applying the paint, says Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. Time, patience and considerable "know-how" are very important ingredients.

The first step is to prepare the surface for the paint. If the plaster is cracked, take time to do a professional repair job. Use sprackling material for the small hairline cracks. Apply it with a putty knife, a case knife or your finger, working rapidly and smoothing the surface before the filler dries and sets.

Large plaster cracks call for plaster patch. Cut out a triangular channel or trough in the plaster along the line of the crack. Make the channel narrow at the surface and wider at the inside or base. Then feed the plaster patch into the channel through the narrow opening, and smooth the surface. When the filler is thoroughly dry, apply a coat of undercoater or primer.

The next step is to remove the hardware from the doors and windows and loosen the light fixtures. Dust the walls and ceiling or, if they are very soiled, wash them. Let them dry completely before you attempt to apply the paint.

All paint, regardless of type, calls for care in mixing. The job will be easier if you pour most of the liquid from the can of paint and then mix the remaining liquid with the pigment. Paddle it in until the color is uniform and the texture smooth. Then add the liquid you removed and mix it in carefully, and the paint is ready for the brush.

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EH:mi
2/13/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 26, 1953

pple Week in Illinois and the Nation

The apple, our "King of Fruits," is doubly honored in Illiois this week as we celebrate Illinois Apple Week concurrently with ational Apple Week. The apple harvest is nearly complete in Illinois, o the fruit you buy will be fresh from the orchards and at the peak f its flavor. What better time to acknowledge that "the King" still its firmly on his mythical throne?

You can expect good coloring and good flavor in this year's llinois apples. Ross A. Kelly, fruit and vegetable marketing specialist, University of Illinois College of Agriculture, says the hot, ry weather during August and early September did not interfere with pple coloring and flavor. Some varieties, however, are undersized ecause of lack of sufficient moisture.

The total apple crop in the United States and in Illinois his year is 11 percent below average. But there are plenty of apples or you to keep a supply on hand for cooking and for between-meal apetites.

Why not take your family for a drive through apple-producing eas this week? When you do, you'll find many places where you can y Illinois apples directly from the orchard or from roadside stands. ou can probably get cider too. You'll enjoy the apples and cider so ch that you are sure to be asking your grocer for more.

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/21/53

FOR RELEASE WHEN NEEDED

Before You Render Lard, Read This!

A formula for doubling the keeping qualities of home-rendered lard is given by food specialist Geraldine Acker, University of Illinois College of Agriculture.

Add two pounds of hydrogenated vegetable shortening to 50 pounds of the fresh lard. These shortenings contain a small amount of naturally occurring antioxidant that slow down the development of rancidity. Be careful to stir the lard and shortening mixture until it is thoroughly blended.

Most likely you will store the rendered fat in five or ten-pound cans or pails. Make sure you fill the container as full as possible, because air and light tend to cause rancidity in lard. Then seal with a tight cover and store in a cool, dark place.

Commercial packers sometimes add a small amount of a harmless antioxidant to lard to make it keep longer. Your neighborhood locker plant may be able to sell you enough for your home needs.

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JR:mi
0/21/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 2, 1953

Darker Hosiery for Fall

Color harmony "from head to toe" is certainly the theme for fall fashions, says Myra Baker, clothing specialist, University of Illinois College of Agriculture.

Hosiery manufacturers are taking care of the "toe" part by turning out stockings in deeper, sharper colors keyed to fall costumes. Taupes and grays, ranging from almost-black to pale gunmetal, accent dresses of black, gray and navy. Autumn colors of gold, rust, green and browns look their best with stocking shades that run the gamut from deep chocolate to sun bronzes.

Some manufacturers make it easy for customers to buy hose that harmonize with the color of the costume and so attain that "all-over" look. In some cases they print the suggested colors on the hosiery boxes; at other times the colors are printed on the tops of the stockings.

Emphasis on darker hose and dark seams means that the hose must be more sheer to be attractive. Some are attainable in a startling filminess of 72 gauge, 15 denier. The favorites--51 and 60 gauge, 15 denier--while not so sheer, are still lovely for most occasions and will give longer wear.

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AR:mi
10/27/53

lacé Icing for Apple Dipping

Candy-covered apples are traditional fare among American oungsters at this season. Adults who help make the spectacular treat ave almost more fun than the children.

Food specialist Carmel Along, University of Illinois College f Agriculture, shares a recipe she used often when she sponsored a een-age group in her home town.

Put wooden skewers into the stem end of the reddest apples ou can find, says Miss Along. Then dip them quickly into the hot irup you have cooked to the brittle stage--300 degrees Fahrenheit. or an especially elegant treat, roll the glazed apple through shredded oconut before the sirup has completely "set." Crushed nuts are nice or variety.

Miss Along's formula for glacé icing will make enough to over six small to medium-sized apples. The proportions are simple: se two cups of sugar, one cup of water, two-thirds cup of light corn irup and a few grains of salt. Combine the ingredients in a small aucepan and cook over moderate heat, stirring constantly--until the ixture begins to boil.

Reduce the heat (to keep the sirup light in color), and cook ithout stirring until the brittle stage is reached (300 degrees hrenheit). Remove from heat; stir in a few drops of cinnamon and d food coloring or else about one-half cup of red cinnamon candies.

Work quickly as you twirl the apples in the sirup. When one well coated, place it stem-side up on a buttered plate to harden.

R:mi
/27/53

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 9, 1953

lean Up Cluttered Stairs

You may think that stairways can only help you get places. ut they can send you places, too, if you let them get cluttered with tumbling blocks.

The trip--to the hospital or to bed a few weeks--may be a ittle expensive. And what's more be painful.

Gordon McCleary, University of Illinois farm and home safety pecialist, suggests this plan to help you keep stairs clear:

Pick your worst offender (usually one of the younger family embers). Appoint him or her chief in charge of keeping the stairs lean. The chief can turn his job over to the first "stairway clutterer" he catches.

While you're on the stairway problem, try to learn why things re being parked on the steps. If you provide a handier (but safer) place for overshoes, brooms, mops and other articles, no one will be tempted to use the stairs for a cupboard.

Good lights, which can be controlled from both the top and bottom of the stairway, will make your stairs safer. A handrail may prevent an accident, too.

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1/4/53

FOR RELEASE WEEK OF NOVEMBER 9, 1953

No Holiday Season for Balanced Menus

Illinois Nutrition Week, scheduled for November 15 through 21, will come at a time when homemakers are on a big merry-go-round of activity. Thanksgiving Day is drawing near,and Christmas gift-shopping may already have begun.

With so much to do, and so little time, there's a natural temptation to put the family on a diet of "hurry-up" dinners and left-over lunches.

That's why it is hoped you will take seriously the Nutrition Week slogan, "Food First for Fitness," and make sure your family gets all the nutritious foods it needs. Try to keep first things first, you know, and then take time for the extras.

The United States Department of Agriculture says everybody needs these foods:

LEAFY, GREEN AND YELLOW VEGETABLES. One or more servings daily.

ORANGES, GRAPEFRUIT, TOMATOES. One or more servings daily.

POTATOES AND OTHER VEGETABLES AND FRUITS. Two or more servings daily.

MILK, CHEESE, ICE CREAM. Children, three to four cups milk. Adults, two or more cups.

MEAT, POULTRY, FISH. One serving daily if possible.

EGGS. Four or more a week.

DRIED BEANS, PEAS, NUTS, PEANUT BUTTER. Two or more servings a week.

BREAD, FLOUR, CEREALS. Every day (whole-grain or enriched)

BUTTER AND FORTIFIED MARGARINE. Some daily.

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11/4/53

for weeklies

Homemaking news

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 16, 1953

Women Need Three Glasses of Milk Daily

Mothers are concerned when a child refuses his meals, when a husband insists on eating what's not good for him or when an oldster has no appetite. But what about the homemaker's own diet?

The average diet of women as a group runs low in two important nutrients--calcium and a B-vitamin, riboflavin--says nutrition specialist Harriet Barto, University of Illinois College of Agriculture.

According to Miss Barto, surveys show that the average diet of women includes little more than half the calcium that is necessary for best nutrition. Calcium, as you know, is responsible for bone and tooth protection. A long continued diet lacking in calcium results in fragile bones that break easily and mend slowly.

The B-vitamin, riboflavin, is necessary for healthy eyes, skin and other tissues. It is also related to the body's resistance to certain diseases.

One single food--milk--is outstandingly rich in both calcium and riboflavin. In addition, it has other properties that contribute to a person's general good health. Experts recommend that adult women consume three glasses of milk--or the equivalent in milk products--each day.

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Three glasses of milk will give 864 milligrams of calcium and 1.26 milligrams of riboflavin. The recommended daily allowance of calcium is 1000 milligrams, and of riboflavin, 1.5 milligrams. It is practically impossible to have enough calcium in the diet unless you include milk. The milk may be skim or whole--the amounts of calcium and riboflavin will be the same in both.

Some women and teen-age girls don't use milk because they fear it is fattening. Actually, says Miss Barto, milk and milk products are basic foods in all scientifically sound reducing diets. The various forms and products of milk may be used instead of fluid milk if they are used in equivalent amounts to provide calcium and riboflavin. For instance, three tablespoons of dried skim milk are the equivalent to one cup of liquid skim milk.

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JR:mi
1/10/53

FOR RELEASE WEEK OF NOVEMBER 16, 1953

In Labels and Law...Read the Small Print!

Orlon...Dacron...Nylon...three words that have come to have a magic meaning to the average shopper. But those three words aren't the entire message on the label. The shopper who fails to read the rest may find that the magic doesn't work for one word alone, says Florence King, textiles specialist, University of Illinois College of Agriculture.

If the fabric is a blend of natural and synthetic fibers, don't overlook the percentage figures. At least 15 to 20 percent of the synthetic fiber must be present for the fabric to have any of its characteristics.

Be sure, also, that one of the fibers in the blend is not cotton or linen. Ironing is a real problem when one fiber demands a hot iron and the other melts at its touch. "Woe to the person who even drops ashes on these fabrics," warns Miss King, "as they melt so very quickly."

Shrinkage of blends decreases as the percentage of synthetic fibers increases. Because they hold their size, they are easily laundered and have the added advantage of drying quickly. Synthetic fibers are also mothproof, which simplifies their storage.

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AR:mi
1/10/53

FOR RELEASE WEEK OF NOVEMBER 16, 1953

Defrost Large Turkey in Refrigerator

A frozen turkey, if it is a large one, will take about two days to defrost in the refrigerator. You'll be wise to allow that much time, says foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture.

A large frozen turkey can be defrosted in six to eight hours under cold running water. Leave the bird in its original moisture-proof wrapping. Don't use warm water or let the bird stand in water.

Complete room-temperature thawing is definitely not recommended for large turkeys. However, if your turkey is small or if you have turkey pieces and you cook them right after thawing, the room-temperature method can be used with safety. It will take an hour or so to defrost each pound of frozen fowl at room temperature.

Prompt cooking after defrosting is certainly desirable, but you can keep a defrosted turkey for two or three days in a refrigerator at 38° F. or less. It is not advisable to refreeze turkey.

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JR:mi
11/10/53

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 23, 1953

Mix Bread Stuffings Just Before Using

Bread stuffings for any kind of poultry should not be frozen, either inside the bird or separately. While they are freezing and thawing, stuffings make an excellent breeding place for harmful bacteria.

According to foods specialist Geraldine Acker, University of Illinois College of Agriculture research conducted by the American Institute of Baking indicates that it is not even good practice to stuff a bird and hold it in the refrigerator prior to roasting it. The refrigeration of stuffed, uncooked poultry does not prevent the possibility of food poisoning.

The safest method for preparing bread stuffings is to combine the ingredients just before you stuff and roast the bird in a preheated oven. This method allows the center of the stuffing to cook in the shortest possible time so that, if organisms that cause food poisoning happen to be present, they will have less chance to develop and produce harmful toxins.

If it is not handy for you to prepare the stuffing at the last minute, you can measure and prepare the dry ingredients ahead of time, store them at room temperature and then combine them with the refrigerated liquid ingredients just before stuffing. Or, if you are making a dry stuffing, combine the ingredients, with the exception of raw egg if it is to be used, and refrigerate. Again, stuff the bird just before roasting.

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JR:mi
1/17/53

FOR RELEASE WEEK OF NOVEMBER 23, 1953

Accessories to the Fashion

Accessories are like spice to clothing...the right combination and amount add zest to a costume, too much or too little invite disinterest and ridicule.

When choosing accessories, never lose sight of the entire picture, advises Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture. Before buying that stunning hat, stop to consider how many things you can wear with it. Accessories should hold your wardrobe together and yet should be interchangeable with various garments in it.

Don't be discouraged if none of your present things combine for a costumed look. You can tie heterogeneous articles together with carefully selected shoes, belts, scarfs and pins. When planning that costumed look, as well as when dressing, ask yourself whether the colors harmonize or are pleasantly contrasted. Consider whether your shoes, bag and jewelry match your clothing in degree of formality. Forethought as to the combinations of textures will help you avoid mistakes of the rhinestones-with-tweed variety.

Your accessories reveal better than anything your personal taste. Choosing them should be fun. It's the perfect time to be a bit extreme and daring...to get an unusual color or luxurious fabric if it fits into your wardrobe plan. Your choice need not be expensive to be attractive. A gay scarf or unusual pin may be all the interest note you need. Remember that one eye-catcher may be refreshing, but four can only be confusing.

AR:mi
1/17/53

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 30, 1953

Do-It-Yourself Projects Have Hidden Costs

If you have the know-how, the tools and the time, you can probably buy knock-down or finish-it-yourself furniture and save money. If you lack any one of the three, it's best to proceed with caution, says home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture.

The average person who buys unfinished furniture does it to save money. But it often seems cheaper at the store than after you start working on it. You're apt to start needing more things than you had counted on--various grades of sandpaper, putty and putty knife, undercoats or wood primers, oil color, brushes, paint remover, sanding block and rubbing oil. In the end the cost might add up to an accumulation that would have been quite a shock if you had realized it before you got going.

Miss Iwig's advice to amateur do-it-yourselfers is first to decide what kind of job you want to do and whether it is to be painted, varnished, lacquered or stained. Then learn what processes are required and what tools and materials you will need to buy to do the job. In this way you can avoid taking on a project that calls for more money, time and skill than you can give it.

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AJR:mi
11/24/53

FOR RELEASE WEEK OF NOVEMBER 30, 1953

Remove Grease from Nylon, Orlon, Dacron

Grease and oil stains are hard to remove from the newer man-made fibers, nylon, Orlon and Dacron. A "cold-treatment" method for removing the stains has been developed by a commercial mill and is passed on to you by clothing specialist Edna Gray, University of Illinois College of Agriculture.

The treatment must be applied before the stained garment is washed, so examine the garments for grease spots before you toss them into the suds.

Treat the grease spot by working into it a strong (concentrated) solution of soap or synthetic detergent. Use a sponge for applying the solution. When the spot is thoroughly saturated, rinse in cold water. As you rinse, be sure to manipulate the spotted area thoroughly, until the water is clear. The grease should be removed at this point, and the article will ready for regular washing.

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AJR:mi
11/24/53

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 7, 1953

Know Your Household Bleaches

New types of household bleaches, made for special uses, are appearing on the market. Read the label and know what you're using before you try a new one, advises home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture.

Until a few years ago liquid chlorine bleach was the type commonly used in the home laundry. Then a milder bleach that used sodium perborate was developed and sold as a powder. This powdered perborate bleach is safe to use on silk, wool and fabrics with resin finishes that are injured by chlorine bleaches.

Another powdered bleach is being marketed now that is made of calcium hypochlorite. Like the chlorine bleach, it is intended for heavy-duty work and should not be confused with the perborate bleaches.

Miss Sullivan says that when you use the powdered calcium hypochlorite bleach with soap, you are apt to have trouble with water hardness, caused by the calcium in the powder. You will not have this trouble, however, if you use this bleach with a synthetic detergent.

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AJR:mi
12/1/53

FOR RELEASE WEEK OF DECEMBER 7, 1953

Roasting Young Birds--Timetable Available

A timetable for roasting young birds has been prepared for Illinois homemakers by foods specialist Geraldine Acker, University of Illinois College of Agriculture, Urbana. You may have a copy for the asking. The timetable gives time and temperature suggestions for chicken, duck, goose, guinea and turkey. It also gives suggestions for using a meat thermometer when roasting fowl.

The timetable is printed on a four by six inch card. You'll find it handy to slip into your recipe file for future reference.

AJR:mi

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Once you start to cook a turkey and stuffing, either separately or together, you should complete the job, says foods specialist Geraldine Acker, University of Illinois College of Agriculture. When the cooking process is interrupted, food poisoning bacteria that may be present in the stuffing will have a good chance to develop and produce harmful toxins.

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AJR:mi
12/2/53

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 14, 1953

Research on Frozen Creamed Poultry

When you freeze creamed turkey, you'll have a better product if you use a hydrogenated vegetable oil instead of turkey fat in making the white sauce.

Frances O. Van Duyne, foods research specialist, University of Illinois, says research on frozen poultry products published by the Western Regional Research Laboratory shows that when turkey fat is used in making the white sauce the frozen product tends to become rancid during freezer storage.

It is reported, also, that simmering the turkey instead of roasting it gives better frozen creamed turkey.

Investigation has shown that variations in preparation affect frozen creamed chicken less than frozen creamed turkey. The method used in cooking the chicken does not greatly influence the final product. Chicken fat or a bland vegetable shortening used in making the white sauce gives good frozen products.

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AJR:jr
12-9-53

FOR RELEASE WEEK OF DECEMBER 14, 1953

New Ways for Conventional Washing Machines

Homemakers are finding new ways to use conventional washing machines. Home management specialist Catherine M. Sullivan of the University of Illinois reports that one "unconventional" method is to let the machine rinse the clothes. This saves the homemaker a lot of the lifting that goes with rinsing in tubs. Just replace the suds with clean water and give the clothes a deep, agitated rinse.

Some other procedures were also recommended by a laundry specialist at a recent conference attended by Miss Sullivan. One suggestion was to wash pastel-colored clothes first and follow them with the darker colors. Then empty the tub and start the white clothes in hotter water, along with a bleach if desired, and proceed to the heavily soiled items. This method could mean better temperatures for the entire washing job.

It is said that thirty million homes are using conventional washing machines. They appeal to families who have a limited water supply, and the price is often in their favor. Many families find good buys among the second-hand conventional machines.

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AJR:jr
12-9-53

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 21, 1953

Mealtime Should Not Be a Battle

Does your child consider mealtime a pleasure or just one of the necessary evils of life? Mealtime in some homes, instead of being an enjoyable experience for both mother and child, is just a constant battle between them.

If this type of thing continues for a long time, a child may develop a rather permanent and hearty dislike for eating, according to Dr. J. Richard Suchman, child development specialist, University of Illinois. Suchman says this dislike for eating may stay with a child the rest of his life, and his affection for his mother may be somewhat reduced in the bargain.

It is only natural for a mother to be concerned about her child's health and development. However, she must be careful that she does not become too concerned or show her annoyance in any way. A child sometimes will have little or no appetite even though he is well. Sometimes he will refuse food just for the sake of saying "No," even though he may want it very much. Saying "No" makes him feel independent. Then if he sees that his mother is getting upset and angry, it gives him an even bigger sense of power.

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Mealtime Should Not Be a Battle - 2

Eventually he gets tired of this and mealtime is no longer a conquest for him. It just gets to be an unenjoyable experience three times a day.

The best thing for a mother to do if she is faced with mealtime problems is to be patient and pleasant. Try to see things the way your child does and understand his feelings. If you want him to accept mealtime as he accepts the other routines in his day, be just as matter-of-fact about it as you can. When you feel it is extremely important that he eat a certain thing, be firm but gentle and, above all, be pleasant. Avoid the pitched battles, and before long you and your child will be saying, "Eating problem, what's that?"

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ZAB:mi
12/15/53

FOR RELEASE WEEK OF DECEMBER 21, 1953

Save Time When Sewing Wool

Save time from the start when you tailor garments at home by selecting a simple pattern, advises clothing specialist Ritta Whitesel, University of Illinois College of Agriculture.

Choose a pattern that has a few well-placed seams and only a few decorative elements in order to reduce the amount of sewing. More often than not, a simple pattern in a coat or suit gives a smarter and better styled garment than a complicated pattern.

You can save time, too, if you choose fabrics that are easy to tailor, such as the firmer flannels, mixed tweeds that are not too coarse, and wool suit-crepes. If you've had limited experience in tailoring, you'll want to avoid hard, firm materials made of men's-wear worsteds and twill weaves, such as gabardine and sharkskin. Since these materials are firm, they can be difficult to shape when pressing.

"Press as you sew," reminds Miss Whitesel, "but know your materials." She points out that some materials take more moisture than others. You may be able to control the moisture better if you use a dry iron rather than a steam iron. A press cloth is a "must," and a tailor's ham is a big help for shaping front and back shoulder darts, lapels, collars, tops of sleeves and similar pieces.

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AJR:mi
12/15/53

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 28, 1953

How to Remove Candle Wax From Linens

Candle wax on your best tablecloth? Don't worry, it's easy to remove. Here is the method recommended by Mrs. Alice Coleman, home management specialist at the University of Illinois:

Scrape away as much of the wax as possible with a dull knife. Then place the stained part between two pieces of white blotting paper--or between paper towels or cleansing tissues. Press the area with a warm iron, changing the blotters as they become soiled from absorbing the wax. Sponge final traces of the stain with carbon tetrachloride.

As you may know, carbon tetrachloride is a nonflammable dry cleaning fluid that is sold under many trade names. You will find it helpful in removing grease and oil stains. The fumes are poisonous if you inhale them too continuously, so if you have much of a job to do it is best to work outdoors where the breeze can blow the fumes away from you as you work.

If colored candles leave a stain after you've used the grease solvent, sponge the area with a solution of one part denatured alcohol diluted with two parts water.

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AJR:mi
12/22/53

FOR RELEASE WEEK OF DECEMBER 28, 1953

Enjoy Pecans--They're Plentiful

Orange pecans are a delicacy that are as easy to make as they are to eat. That's why they rank high with Mrs. Glenna Lamkin, foods specialist at the University of Illinois. With pecans so plentiful this year, they can add a lot of interest to your midwinter nibbling.

To make orange pecans, cook one cup of sugar and one-half cup of water to the soft-ball stage. Then add the grated rind of one orange, two tablespoons of tart orange juice, one-half teaspoon of salt and two cups of pecan halves.

Remove fromthe heat and stir with a wooden spoon until the sugar crystallizes. Turn onto a plate and separate the nuts with two forks, having each nut coated with the orange-sugar mixture.

AJR:mi -30-

Hams Must Be Thoroughly Cooked

If there are no cooking directions with the cured ham you bought, be sure to ask the butcher about cooking it. Most likely it is a tenderized ham instead of a long-cured one. Even so, some tenderized hams are cooked while others are not, so it is best to know just what kind you have, says food specialist Geraldine Acker, University of Illinois College of Agriculture.

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AJR:mi
12/22/53

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 4, 1954

Take Inventory of Your Medicine Cabinet

The idea of taking inventory to start the new year is a good one to apply to your home's medicine cabinet, says a University of Illinois health education specialist.

Miss Pauline Brimhall says you can make a list of supplies you need, and also discard medicines your family no longer uses. This is particularly important if your medicine chest has been harboring a lot of poisons or other dangerous drugs, such as sleeping pills and other sedatives.

The National Safety Council says that more than four-fifths of all fatal accidental poisonings occur in the home. About one-third of these poisonings occur to children under the age of four years. So if you have small children in your home, it's extremely important to get rid of poisons.

If there are some poisons that you must have, keep these in a different place from other medicines. You'll lesson the chance of having someone take the poison accidentally.

Small children and the contents of the medicine cabinet never mix successfully, so if your cabinet is where it can be reached by children, better have a latch or lock that children can't open.

When you're buying the medicines you need, says Miss Brimhall, it's a good idea to get an extra bottle of antiseptic and some burn ointment recommended by your doctor for the kitchen. Then you'll be able to promptly treat cuts and burns without going to the medicine cabinet. Also, treating burns quickly usually lessens the pain and speeds healing.

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GLM:mi

FOR RELEASE WEEK OF JANUARY 4, 1954

Herb Culture and Use--a Fascinating Hobby

Herb cookery is an ancient art and science that holds a great deal of interest for "moderns." Why not investigate it as a possible hobby for yourself?

If you have had no experience in cooking with herbs, it might be well for you to keep certain rules in mind when you embark on the new adventure. Remember that a pinch of dried herbs is enough to flavor a dish for four. The strength of the flavor that herbs give food is increased by the length of time they cook, also, by having a cover on the pot, and of course, by the freshness of the herb.

Too much cooking, as in a stew or soup, tends to make some herbs bitter. On the other hand, herbs need to stand overnight in uncooked foods, such as tomato cocktail, in order to release their full flavor. Dried herbs are three to four times as strong as the same amount of fresh herbs. Use them discreetly until you and your family have formed definite tastes.

When you've learned to use herbs to best advantage in seasoning various foods, you may want to grow a few well-chosen favorites in your kitchen, or in a small section of your vegetable garden. When you cultivate the plants and become familiar with their forms and growth habits, you'll experience quite a different thrill than when you merely shook dried leaves out of a box.

The United States Department of Agriculture has published a bulletin for those who raise herbs or want to embark on an adventure in cooking with them. If you would like a copy, write to the Home Economics Department, Room 206 Bevier Hall, University of Illinois, Urbana. Ask for: Savory Herbs; Culture and Use.

AJR:mi

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 11, 1954

Variety in Exhibits at Farm and Home Week

Exhibits planned by the University of Illinois' home economics department for the 1954 Farm and Home Week, (February 1 through noon of February 4, in Urbana), will be keyed to problems of consumer interest. They will be shown in the lower gymnasium of Bevier Hall from noon to 5:30 p.m. on Monday and from 9:00 a.m. to 5:30 p.m. Tuesday and Wednesday.

The program outline is slightly reminiscent of a three ring circus. Displays by the home management division will show different kinds of mattress construction plus samples of lamps for the home that do a good job of lighting and are in good taste.

A display prepared by the child development division will point up the fact that "Family relationships are a consumer problem, too," and families need help in that area as much as in any other. You will learn where you can write for bulletins and other literature that will help with problems in family relationships.

Safety in the home will be highlighted by explanations of the mysteries of a fuse box, the different types of fire extinguishers and their uses, and the three different types of dry cleaning fluids.

Equipment for preparing foods in quantity--chiefly measuring equipment--will be shown by specialists in institution management. They plan to emphasize the need for standardized recipes when cooking foods in large amounts, as you might do at a church supper or banquet.

You'll find many other phases of homemaking represented in the exhibits. These will include frozen food products, consumer problems in buying foods, housing, health, fabrics, rural recreation and home economics education.

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AJR:mi
1/6/54

FOR RELEASE WEEK OF JANUARY 11, 1954

When You Dress for Work, Are You Safe?

Few things are more disheartening to a homemaker than to have her work-day interrupted or stopped completely by an accident at home. Many times these accidents are caused by clothing that is not suitable for work.

In her contacts with homemakers throughout Illinois, clothing specialist Fern Carl of the University of Illinois, cautions them to be sure their work clothes are safe. A safe housedress, says Miss Carl, will not be a fire hazard, it will not cause you to fall nor will it catch on knobs or handles of equipment around the home.

Your chances of taking a fall are much increased when the skirt of your dress is either too narrow or too full. In general, gored or moderately full gathered skirts give enough fullness for kneeling and stooping. Keep the hems of your dresses securely stitched to be sure you won't get your heels caught in them.

Housedresses can be pretty and dainty without having long sashes or ties that dabble into things or get hooked on knobs or handles. If you like pockets, you'll be safer if they are placed so they won't bulge out and catch on to things. The sleeves of your dress can also be a hazard to safety if they are too full, too wide or too long.

If you like the feel of leisure that goes with wearing your houserobe to prepare breakfast, you may be asking for trouble if the robe is made of a material that is highly flammable such as quilted cotton or brushed rayon. Another practice to avoid, for safety's sake, is the habit of using a corner of your dress or apron as a pot holder.

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AJR:mi

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 18, 1954

Consumer Role to be Stressed at Farm and Home Week

As general manager of the family, homemakers should find their job made easier after they attend Farm and Home Week sessions at the University of Illinois, February 1 to 4.

Lulu Black, assistant state leader of home economics extension who is chairman of the program committee for homemakers, says the talks and demonstrations will follow the central theme: "Relationships are improved when the consumer meets her problems." A look at the program will show you a variety of support for this theme.

Monday afternoon, February 1, R. A. Jones of the Illinois Small Homes Council will tell about "Family Reactions to House Plan Changes in the Space Laboratories." For the same afternoon, Dr. J. Charles Jones and Dr. J. Richard Suchman, child development and family relations specialists, have titled their presentation, "The Emotional Climate in the House: Fresh Varied Winds, Showers Ahead." Cooperating with them will be a group of Champaign high school students in a play about "two teen age girls tempted to embark on an unwise escapade, and how the attitude of their parents influenced their final decision."

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FOR RELEASE WEEK OF JANUARY 18, 1954

Consumer Role - 2

Tuesday morning Dr. John Ordal, specialist in food technology, will explain the place of detergents in the home laundry and the kitchen. James L. Fox, Fox DeLuxe Foods, Inc., Chicago, will stress a woman's responsibility as regards the Pure Food and Drug Laws.

"A Look Through a Rear-View Mirror" with Mrs. Haven Smith, first vice president of the Associated Women of American Farm Bureau Federation is slated for Tuesday afternoon.

Wednesday morning Jeanne Paris, director of home economics of the Kroger Food Foundation, will give her views on the place of prepackaged food in the home. Dr. Jules Labarthe, senior fellow of the Mellow Institute of Industrial Research will speak on "Good Consumership Only Begins with Buying." He will stress the responsibility of consumers in buying textiles.

The Wednesday afternoon session will feature Ruth M. Beard, an Ohio State University home equipment specialist who will discuss 1954 styles in equipment.

The final homemaker's session on Thursday morning will be a triple-header. Mrs. James Graham, home safety chairman of the Illinois Home Bureau Federation will announce the counties to receive Safe Homes recognitions. This will be followed by a talk on "Shortcuts in the Kitchen to Save Time" by Jean M. Vertovec, manager of the home economics cafeteria. Then to round out the week's "consumer" theme, Mrs. Ruth C. Freeman, family economics specialist, will lead a panel discussion by three married couples on "What Influences Family Financial Decisions?"

Members of the panel include Mr. and Mrs. Reon D. Hicks, of Blandinsville in McDonough county; Mr. and Mrs. Ralph Warfield, Gibson City, Ford county; and Mr. and Mrs. Robert C. Peverly, Clinton, De Witt county. The couples were chosen to represent different periods in the marriage cycle, the latter being one of the important factors influencing choices in the use of money. The couples are typical of the large group in Illinois who keep family accounts and have their records summarized by the University's home economics department.

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1/13/54

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 25, 1954

Every Family Needs Protective Insurances

An Illinois family recently paid over $1,100 for medical care and hospitalization as the result of an accident. If this happened to you, would you be properly prepared?

Mrs. Ruth C. Freeman, family economics specialist of the University of Illinois College of Agriculture, believes people should plan their insurance coverage as carefully as they plan for their housing needs. "If you don't understand the wording in your policy," says Mrs. Freeman, "ask your insurance salesman to explain it to you. Be sure to read and understand the fine print."

If you have not reviewed your family's insurance coverage lately, take time out to see whether you have the type and amount of protection you need. Certain areas are a necessity in a sound family money management plan. These include liability insurance on your automobile and personal liability, fire, accident and disaster insurance. There are also some other types that are desirable for the family's security, such as life insurance and hospitalization.

Being protected in emergencies because you carry various satisfactory insurances is all a part of keeping your family on a sound financial basis. Through this sort of planning you'll be most likely to meet your long- and short-time goals.

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AJR:mi
1/20/54

FOR RELEASE WEEK OF JANUARY 25, 1954

Measures of Defrosted Eggs for Recipes

Since eggs are usually put through a sieve before they are frozen, homemakers often ask how much of the mixture they should use when a recipe calls for a whole egg.

Home economists at the University of Illinois say you'll be safe if you use 3¼ tablespoons of defrosted whole egg mixture for each egg called for. Two tablespoons of defrosted egg white equal one egg white, and 1¼ tablespoons of defrosted egg yolk equal one egg yolk. Of course, these are only approximate equivalents, since the sizes of eggs differ.

It's a good idea to package eggs for freezing so that each container holds only the amount you will use at one time. Pint containers, for example, will hold enough egg whites to make a large angel food cake. You can freeze the amount of whole eggs you'll need for many recipes in half-pint glass jars. Freeze smaller amounts in plastic ice-cube trays or small plastic molds, and then wrap them individually after freezing.

Be sure to include the date of storage on the package label. Frozen whole eggs and egg yolks will keep for 6 to 8 months. Frozen egg whites may be kept for 12 months.

For complete directions for freezing eggs, write to the Home Economics Department, University of Illinois, Urbana.

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AJR:mi
1/20/54

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 1, 1954

Lace to be Widely Used

Machine-made laces of 1954 will rival the spider-web daintiness of handmade foreign laces. Modern industry is able, at last, to mass-produce lace-like fabrics on a loom. Just as important, man-made fibers are being used to give the lace a practicalness and durability it never had before.

These developments are opening a new era in the romantic 2000-year-old history of lace, says Florence King, textiles specialist, University of Illinois home economics department.

In the old days when lace was made by hand or on complicated lace machines, it was too expensive for the average woman to own. And until rayon, nylon and dacron were woven into lace, it was too fragile to be practical.

There seems little doubt that, with today's accomplishments, millions of women can afford to wear lace and that they will enjoy it as a twelve-months-a-year fabric. It is sure to appear in casual clothes, footwear and millinery as well as in formal clothes and lingerie.

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AJR:mi
1/26/54

FOR RELEASE WEEK OF FEBRUARY 1, 1954

Older Folks' Food

"Food Guide for Older Folks" is a bulletin designed to help men and women make a strong ally of food, making it help them in every possible way to keep healthy and happy.

Features of the bulletin, published by the Bureau of Human Nutrition and Home Economics of the U. S. Department of Agriculture, include a daily food guide-list for selecting a balanced diet and also a sample market list and menus. Suggestions are given for the older person who cooks for one or two or who hasn't much cooking equipment, or who must have food easy to chew, or who has a need to watch weight.

All through life, says the bulletin, you need foods that contain protein and minerals to take care of repair work on bones and body tissues. Foods that contain many different vitamins are also needed to keep the body running smoothly.

A third need is for food that provides fuel for energy and warmth. All foods supply some calories for this purpose, although some foods provide more than others. Getting too many calories is a frequent problem among some persons, who are usually less active than in earlier years and need fewer calories.

For your copy of "Food Guide for Older Folks," write to Home Economics Extension, University of Illinois, Urbana.

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AJR:mi
1/26/54

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 8, 1954

Grownups' Diet Low on Milk

It's practically impossible to have enough calcium in the diet without including milk, says nutrition specialist Harriet Barto, University of Illinois College of Agriculture. The average healthy woman should have three glasses of milk each day for best nutrition, but most women don't get this much. Surveys show that the average diet of women includes little more than half the calcium they should have.

A second nutrient that is low in most women's diet is also found in milk. It is one of the B-vitamins, riboflavin. Riboflavin is necessary for healthy eyes, skin and other tissues, and it is related to the body's resistance to disease.

Whether you use skim or whole milk, the amounts of calcium and riboflavin will be the same in each, says Miss Barto. If you prefer, use the various forms of milk and the many products of milk in your cooking, along with the fluid milk. Three tablespoons of dried skim milk, for instance, contains nutrients equivalent to those in one cup of liquid skim milk.

Some women and teen-age girls don't use milk because they believe it is fattening. Actually, milk and milk products are basic foods in all scientifically sound reducing diets.

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AJR:mi
2/2/54

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 15, 1954

Quality Factors in Angel Cakes

Start with good-quality egg whites if you want a top-quality angel cake with a larger volume and better flavor, advises Mrs. Pearl Janssen, foods specialist of the University of Illinois. Use either fresh eggs or egg whites that were frozen when they were fresh and have been properly stored.

If you have the egg whites at room temperature, you will be able to whip them to a larger volume than if they are chilled. The amount of beating and the speed you use will also make a difference in the volume of the egg foams.

There are different ways of mixing angel cakes. One way is to add the cream of tartar and the salt to the egg whites, and then beat them at high speed until they are stiff and fine but not dry. When this is accomplished and the egg white foam is fine to the very edge of the bowl, use low speed and sprinkle the sugar about one tablespoon at a time over the egg whites. Each time just mix until the dry sugar is blended and dissolved.

Add the flavoring next, and mix at low speed. Continue using low speed as you add the flour in the same way as you did the sugar,

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Quality Factors in Angel Cakes - 2

sprinkling it over the egg and sugar mixture one tablespoon at a time and mixing at low speed only until no dry flour is visible. Do not mix too much!

Use an ungreased tube pan for angel cake. This allows the batter to reach its full height, since it can cling to the sides of the pan as it rises and bakes. Run a knife back and forth through the cake batter to break up the large air bubbles. Smooth the top and then place on the lowest rack in your oven and bake at 425° Fahrenheit until the top is a medium brown (about 15 to 20 minutes). Turn off the heat and continue baking until done (about 10 minutes). The cake is done when an inserted cake tester comes out clean.

Turn the pan upside down and let the cake hang until it is cool. Store it in the pan; you'll find that it is always better the second day after baking.

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AJR:mi
2/10/54

FOR RELEASE WEEK OF FEBRUARY 15, 1954

Increase in Interest in Housing Research

Work in housing research has attracted widespread interest during recent years, although women have worked quietly and unobtrusively for 25 years to solve various housing problems.

A study of the housing and equipment research done by home economists during the years 1925 through 1950 has been published by the University of Illinois. Helen E. McCullough, who planned and reported the study, says 255 projects have been carried on in 48 colleges and universities and the U. S. Bureau of Human Nutrition and Home Economics. From these studies 115 publications have resulted in the form of bulletins, circulars, leaflets and articles in professional and popular magazines.

Naturally home economists have not dealt with the construction and utilities of home planning, which belong to engineers and architects. Instead, their work is directed to interpreting family needs and applying their findings to the design and use of the house.

The studiesare aimed at answering questions about how to plan the general arrangement and use of rooms, including areas for special activities, such as sewing, child play and laundry. Studies have been made on household equipment, interior decoration, housing costs, effects of housing conditions on people, and better ways to teach housing in schools.

Although the Illinois summary of the research in housing was made primarily to help research workers and teachers, others can profit from the housing publications that are available through state universities and the U. S. Department of Agriculture.

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AJR:mi
2/10/54

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 22, 1954

Pastry Canvas Improves Piecrust

Piecrust and other soft doughs will be easy to handle, with no sticking, if you use a pastry canvas and a knit cover for your rolling pin. The trick is to rub the canvas and rolling pin cover full of flour and keep them that way while you are using them.

With care, you'll be able to use your canvas several times without washing it, says Patricia Wyatt, food specialist at the University of Illinois College of Agriculture. Scrape bits of dough and as much flour from the canvas as you can so that they won't become rancid. Then store the canvas in a plastic bag or wrapped in a clean dishtowel.

When you wash the canvas, brush it first, and then soak it in cold water. Wash it gently with a small brush and lots of hot suds. After washing on both sides, rinse it thoroughly but don't wring it. Smooth it out on a hard surface and it will dry free of wrinkles.

If you would like to make your own canvas and cover, you can save about half of what a ready-made set would cost. One and one-fourth yards of 8- or 12-ounce canvas and a pair of white cotton stockings will make two sets. Keep one for a spare or give it to a friend.

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ZAB:mi
2/16/54

FOR RELEASE WEEK OF FEBRUARY 22, 1954

Learn About Pictures by Shopping Around

If you want to buy a good picture for your home, you'll want to shop around. The more pictures you see, the better you'll know what you want.

You can get personal attention and advice from the art departments of local retail stores and neighborhood art shops. Your community library may be able to lend you books about pictures for the home. Also, most big city museums sell reproductions of pictures in their collections and will welcome your interest.

Here's another suggestion from home furnishings specialist Dorothy Iwig of the University of Illinois: If you live in a town where there's no place to buy pictures, you can order them by mail. These reproductions are usually unframed and are sent to you in a mailing tube. The cost, of course, will depend on the size and the subject of the picture.

Miss Iwig suggests that you write to several large-city museums for a copy of their catalogue. You might try the Art Institute of Chicago, the City Art Museum of St. Louis, the Museum of Modern Art, New York, or others that you know about. The catalogues may not be illustrated, but you can select the names of pictures that interest you and send for postcard-size reproductions that will cost only a nickel or a dime. You can then use them as a guide for choosing your large reproduction.

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AJR:mi
2/16/54

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AJR:mi
2/16/54

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 1, 1954

Sew Fiberglas With Orlon Thread

Orlon thread is recommended for sewing fiberglas curtains because it is strong and is not harmed by strong sunlight. If you can't buy orlon, the next best choice is silk or mercerized cotton. Just remember not to use nylon thread because nylon lacks resistance to sunlight.

For best results in stitching fiberglas, use the heaviest pressure possible on the presser foot of your sewing machine, suggests Florence King, textiles specialist of the University of Illinois home economics department. Also use a long stitch (8 to 10 to the inch) and a moderately loose tension on both the bobbin and the top thread.

As you are stitching, if the fabric seems to slip too fast through the feed on the machine and push out of line, you can control it by holding a strip of tissue paper under the stitching line between the fabric and the machine.

One must remember that fiberglas fabrics are not indestructible, even though they have many advantages when treated properly. Manufacturers recommend that you give fiberglas the same care you would give your fine lingerie and hosiery. For example, cover the end of a curtain rod with a thimble or plastic curtain threader before you slide the rod through the hem; because much curtain damage is caused by sharp, rough edges of the rod cutting the delicate threads of the curtain.

If you are using fiberglas for draw or traverse draperies, hang them just off the floor and slightly away from window sills or other objects that could cause abrasion and snag the fabric.

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AJR:mi
2/23/54

FOR RELEASE WEEK OF MARCH 1, 1954

Take Vitamins as Directed to Avoid Overdose

Continued overdoses of vitamins, particularly vitamins A and D, have caused numerous cases of sickness and even death among adults as well as children. However, there is almost no chance of getting too much of a vitamin if the preparation is taken as directed with an otherwise normal diet.

Nutrition research specialists of the University of Illinois home economics department say there are three reasons why poisoning might result from overdoses of vitamins A or D. First of all, some children apparently show poisoning at doses much lower than others, so that a slight overdose may prove too much. Second, there are some highly concentrated preparations that are intended only for therapeutic use and must be used only on the prescription of a doctor. A relatively small amount of such a concentrate taken regularly could easily result in vitamin poisoning. And, third, since the body can store large amounts of vitamins A and D, the amount of these vitamins in the body could have grown dangerously high after months and years of moderately high dosage.

Loss of appetite is one of the first symptoms of too much of either Vitamin A or Vitamin D. In extreme cases, there is often severe headache, great thirst and pain in different parts of the body as the hands and feet, back of neck and chest. The victim becomes pale, loses weight and becomes depressed and listless.

This should not discourage anyone from using vitamin supplements in reasonable amounts. The effects of too little vitamin are as severe and much more frequent than of too much. The important thing to remember is that there will be no danger if you take the amount recommended by the label on the bottle or by your doctor.

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2/24/54

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 8, 1954

Make Kite Flying Safer

Here's a recipe for safer kite flying: Mix one careful boy or girl with one kite and dry, nonmetallic string; pour into outdoors away from power lines.

Not following this recipe, says University of Illinois farm and home safety specialist Gordon McCleary, may mean serious injury or death to your child. It's up to parents to see that youngsters have safe kite string and a good set of simple rules to help them avoid accidents.

Good kite string is sturdy and will not conduct electricity. But don't let it get soaking wet, because the water may make the string an electrical conductor.

If the kite does tangle with power lines, leave it there. Kites can be replaced easily; a child cannot.

Try to keep children out of fields where there are stones, stumps, ditches or other obstacles, McCleary says. Getting that kite into the air takes all the flyer's attention, and he doesn't have time to look out for tripping hazards.

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GLM:at
3-2-54

FOR RELEASE WEEK OF MARCH 8, 1954

New 4-H Project--Pictures for Pleasure

Many parents who've never had a chance to study paintings of great artists are happy to see their 4-H youngsters being given this opportunity.

A new project, "Pictures for Pleasure," is being introduced in Illinois this year. Planned for members who are high school age or older, the project will be outlined at room improvement training schools throughout the state by Mary McKee, state leader of 4-H Club work.

Miss McKee says a member may choose to study any one of seven different groups of artists. The county home adviser can order color reproductions of the prints in each group, or project unit. A handbook describing the work of the artists will be furnished for each unit. The emphasis is to be placed on the manner in which the picture was painted--the skill required--rather than on the life of the artist.

Although a member may study only one of the project units during a club season (4 or 5 artists), the works of more than 40 artists in eight museums are included in the seven projects. Members will choose a print for framing, plan the mat, have it framed and hang it in some room in their home. They may choose one of the prints studied, or they may select one from the home adviser's list of 300 prints approved for the project.

"Pictures for Pleasure" is the first project of its type to be offered in Illinois for older members. "Through the Eyes of the Artist" is still being offered, but with changed requirements. Three units are being offered for the second year for members below high school age: "Pictures on Your Walls," "Pictures of People," and "Pictures of the Out-of-Doors." It is not required that younger members frame their prints.

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AJR:at
3-2-54

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 15, 1954

Fewer Calories Listed in Revised Recommendations

Nutrition specialists at the University of Illinois call attention to recent changes in the recommended dietary allowances that are set up by the Food and Nutrition Board of the National Research Council. These allowances list the amount of calories, vitamins and minerals that are needed in the diet of the average American for good nutritional health.

Since there is a tendency for the average adult to gain weight after the age of 25, the revision shows a decrease in the recommended allowances for calories as a person grows older. This decrease amounts to a five percent reduction in calories for every 10 years after the age of 25.

As an example, let us consider as a "standard" man one who weighs 143 pounds, is 5 feet 7 inches tall, has eight hours of physical activity and four hours of sedentary activity and lives in a mean environmental temperature of 50° Fahrenheit. At age 25 he would require 3,200 calories. But he would need only 3,000 calories at age 35, 2,900 at 45, and 2,600 at 65.

The recommendation for the "standard" woman who weighs 121 pounds and is 5 feet 2 inches tall is 2,300 calories at age 25, 2,100 at age 45, and 1,800 at age 65.

Adjustments are made for women during pregnancy and lactation. The extra allowance for pregnancy is limited to the last three months, when 400 calories are added. Nursing mothers may need 1000 additional calories in their daily diets.

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AJR:mi
3/9/54

FOR RELEASE WEEK OF MARCH 15, 1954

Save Time When Peeling Onions

"A good cook knows her onions." But when she has a lot of them to peel she often wishes someone else would do it.

Students in the home economics cafeteria at the University of Illinois felt much the same way until one of them developed a simplified method of doing the job. With the new method it takes only about ten minutes for one person to peel five pounds of onions.

A wooden chopping block, a French knife and a paring knife are used for the commercial operation, says Jean Vertovec, production manager of the cafeteria.

With the large knife, cut off both ends of the onion. Then, placing one cut end on the board, cut the onion into quarters. It then becomes easy to remove the peel from each quarter with the paring knife.

As you go shopping this week end, don't forget that onions are reasonably priced again this month. Use the big white "Spanish" onions if you want a mild flavor; the smaller "Yellow Globes" have a slightly stronger taste. There are a lot of the small-sized onions--from 1 to 2 inches in diameter--on the market. The folks in the vegetable trade call them "boilers" because they are such a nice size for cooking whole.

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AJR:mi
3/9/54

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 22, 1954

Paper Hanging Breaking With Tradition

Prepasted wallpapers are attracting increased interest of homemakers who hang their own paper. These wallpapers are given a resin or chemical treatment that keeps them tough and workable when wet.

The dry adhesive is already on the backs of the prepasted paper so that the entire roll can be dipped into water and be ready to hang on the wall. The paste is of a kind that won't set for twenty minutes or so, allowing you to reposition the paper within that time if you need to.

Some wallpaper companies have a special dispenser for use in wetting the paper; others have a rectangular waterproof box to hold the water and the paper roll. Besides the dispenser or box, the only equipment you need is a brush for smoothing the paper on the wall, a pair of shears, a sponge and a razor blade.

This is another attempt to encourage Mrs. Homemaker to ignore the scarcity of professional paper hangers and do her own redecorating.

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JR:k
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FOR RELEASE WEEK OF MARCH 22, 1954

Quality Eggs Belong in Home Freezers

Top-quality eggs are in market. If you have space in the home freezer, why not make the most of them? Research indicates that they can be stored successfully for six months or longer.

Virginia Charles, foods research specialist, University of Illinois College of Agriculture, reports that egg whites frozen without mixing or without the addition of any ingredients have held their quality for a year.

Angelfood cakes prepared from egg whites frozen from six to twelve months scored as high as, or higher than, those prepared from the fresh egg whites. Meringues prepared from whites frozen for six months were of good quality. No preliminary treatment was needed.

Scrambled eggs of satisfactory quality were prepared from salt-treated whole eggs frozen and stored for six months. No off-flavors were noted in custards prepared from sugar-treated egg yolks stored for nine months.

Special treatment for the whole eggs and the egg yolks before freezing is always necessary. Egg yolks contain a lipoprotein that coagulates when the yolks are frozen and thawed, causing the solids to separate as lumpy, gummy particles.

Salt or sugar added in small amounts to the whole eggs or the yolks as they are mixed helps to prevent separation of the solids. Choice of the sugar or salt treatment depends upon the way the product will be used.

Complete directions for freezing eggs may be obtained by writing the University of Illinois College of Agriculture, Urbana, Illinois.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 29, 1954

Dietitians Give Scholarship Award

Janet Hage, a senior at Yorkville High School, Kendall county, has been named this year's winner of the $100 scholarship award by the Illinois Dietetic Association.

The award is given for the winning essay written by an Illinois 4-H member who has had home economics experience, with emphasis on the area of foods and nutrition. Janet's essay was entitled "How My Projects in Foods and Nutrition Contribute to a Career and Better Living."

As winner of the essay competition, Janet was guest of the Illinois Dietetic Association for two days during the association's recent convention in Chicago. While at the convention she met persons who are successful in the field of dietetics and had a chance to visit various institutions and see dietitians at work.

Janet hopes to enroll as a student at the University of Illinois next September. If she chooses hospital dietetics as her major and follows her college work with a year's internship in an approved hospital, she will be qualified for membership in the American Dietetics Association.

She may then enter administrative work or plan and supervise diets in hospitals, hotels or other institutions, or she may choose to teach dietetics to nurses, interns and patients in a hospital.

This is the third year the Illinois Dietetic Association has made a scholarship award. Last year Evelyn Ann Doubet, Hanna City, Peoria county, was the winner.

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AJR:at
3-23-54

FOR RELEASE WEEK OF MARCH 29, 1954

Servings From a Pound of Vegetables

These days, when most grocery stores sell fresh vegetables by weight, the thrifty homemaker needs to know how many servings she can expect from a pound. Pods or other waste causes the amount of food in a pound to range from one to four cups. Also, some foods shrink more in cooking than others.

Taking half a cup as the measure for an "average" serving, Glenna Lamkin, foods specialist of the University of Illinois offers these estimated servings from one pound of fresh vegetables as they are purchased--in the pod, husk or other forms:

Cut asparagus, 4 servings; snap beans or Brussels sprouts, 5 to 6 servings; cooked cabbage, 4 to 5 servings; eggplant, parsnips and turnips, 4 servings; peas, 2 servings; potatoes, 4 to 5 servings; spinach, 3 to 4 servings; and squash, 2 to 3 servings.

If you refer to this schedule from time to time, the information will soon come to your mind readily when you make an unplanned purchase at the store.

But remember that not all half-cup servings of vegetables carry the same nutritive values. That is another story, says Mrs. Lamkin.

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AJR:at
3-23-54

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 5, 1954

Illinois Garden Guide Available

An Illinois Garden Guide, 1954 edition, is now available from the University of Illinois College of Agriculture. Whether you are a beginner or an experienced gardener, you will find information in this circular that will be of value to you.

Users of the guide can refer to it frequently throughout the garden season and profit by reading it again before starting plans for next year.

The circular contains basic information on planning a garden and carrying out plans to get the most from it. It has sections on selecting a graden area, treating the soil, handling seeds and plants, preventing disease and controlling insects.

Included also is a list of the varieties of seeds recommended for gardens in various sections of the state. Those interested in growing a few flowers will find a list of reliable annuals in the guide.

You may get "An Illinois Garden Guide" by writing to the College of Agriculture, University of Illinois, Urbana, or by asking your county farm or home adviser for a copy.

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JR:at
3-30-54

FOR RELEASE WEEK OF APRIL 5, 1954

Mothproof Washable Woolens

When it's time to launder and store your woolen blankets, sweaters and the like, it's a simple matter to mothproof them in the same operation. A new insecticide, EQ-53, developed by entomologists of the U.S. Department of Agriculture can be added to the rinse water for easy, economical and effective protection against clothes moths and carpet beetles.

According to Steve Moore, University of Illinois entomologist, EQ-53 is sold under different trade names, but most containers carry the EQ-53 identification in prominent print on the label. If you don't find the product in your neighborhood, ask your retailer to order it for you.

You'll want to follow the manufacturer's directions for using EQ-53, but the general idea is that a few spoonfuls in the wash or rinse water will leave a small amount of DDT in the wool to ward off insects.

Washable woolens treated with EQ-53 are protected against larvae of clothes moths and carpet beetles for four or five years if they are stored and not washed or dry-cleaned. If you use the woolens after a treatment rather than store them, they will be protected for season or until they are washed or dry-cleaned. Either washing or dry-cleaning would, of course, reduce the amount of insecticide that present.

One precaution given by Moore has to do with the use of EQ- on baby clothes. Since babies' skins are extremely sensitive, it is commended that you treat an infant's sweater, blanket or other olen article only if it is to be stored. Then have the article y-cleaned before using it again.

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for weeklies

Homemaking news

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 13, 1954

Use Care in Getting Suntan

URBANA--If you're a sun-worshiper who thinks the quickest way to get a good suntan is to get out into the sun and stay there--look out!

Overexposure to the sun may be costly in two ways, says Miss Pauline Brimhall, University of Illinois health education specialist. First, if you get a burn so severe that your skin peels, you'll have to start all over again.

More important, however, is the fact that overexposure can cause serious illness and painful injury. Surprisingly enough, the patient sunbather who takes short exposures, at least until he knows how much his skin can take, usually gets the best tan.

Falling asleep under the soothing rays of the sun is the cause of many sunburns. Use a reliable alarm clock whenever you sunbathe or have someone else wake you if you're a sound sleeper, Miss Brimhall advises.

If you're getting a headstart with a sunlamp, a timer that will shut off the lamp is very handy.

What about suntan lotions? They may give you some protection from burning, but they're no substitute for moderation and good sense. Always take short exposures until you know how much your skin can take safely.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

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Use Care in Getting Suntan

URBANA--If you're a sun-worshiper who thinks the quickest way to get a good suntan is to get out into the sun and stay there--look out!

Overexposure to the sun may be costly in two ways, says Miss Pauline Brimhall, University of Illinois health education specialist. First, if you get a burn so severe that your skin peels, you'll have to start all over again.

More important, however, is the fact that overexposure can cause serious illness and painful injury. Surprisingly enough, the patient sunbather who takes short exposures, at least until he knows how much his skin can take, usually gets the best tan.

Falling asleep under the soothing rays of the sun is the cause of many sunburns. Use a reliable alarm clock whenever you sunbathe or have someone else wake you if you're a sound sleeper, Miss Brimhall advises.

If you're getting a headstart with a sunlamp, a timer that will shut off the lamp is very handy.

What about suntan lotions? They may give you some protection from burning, but they're no substitute for moderation and good sense. Always take short exposures until you know how much your skin can take safely.

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ELM:at
4-7-54

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 12, 1954

Record Attendance at Hospitality Day

More than 400 high school junior and senior girls from Illinois communities visited the University of Illinois campus Saturday (April 3) for a glance at activities within the home economics department.

The occasion was the fifth annual Hospitality Day sponsored by the Home Economics Student Council at the University. The day's activities included tours of the home economics department, laboratory demonstrations, a luncheon, tea and style show. The Council's aim for Hospitality Day is to acquaint prospective Illini with the campus and introduce them to the various programs in home economics.

Guests who had toured the department in other years recognized the fact that new wallpaper and draperies had been added to some of the bedrooms at the Home Management House. Changes have also been made in the home economics cafeteria, where the visitors were served luncheon by seniors majoring in restaurant management. The changes have resulted in time-saving advantages for students who work on counter preparation.

This is the home economics department's fifth Hospitality Day at Illinois. Invitations were extended through the high schools to junior and senior girls from all high schools in the state. Last year about 300 guests from 56 communities accepted the invitation.

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AJR:at
4-6-54

When Your Child Resists

Your child, at the age of three or four, will probably begin to say "No" to many requests you make. "This is what is commonly known as the period of negativism," says Dr. J. Richard Suchman, child development specialist, University of Illinois.

It may not last long, but while it does, your life is far from simple. For the first time in his life your child is defying your wishes. Strangely enough, this is good. He should develop a mind of his own and decide things for himself. He's been encouraged to do it almost since the day he was born, and negativism is a sign that he is striving to become an independent person.

But how far will he carry this independence? "That depends on how it's handled," says Dr. Suchman. Much of this negativism is all talk and little action, so you can ignore it. However, if he resists you by word and action, it is your job to get him to do what he should do without breaking his spirit of independence.

You can usually accomplish this by showing your child that you understand his feelings, but also explaining that there is no choice in this matter. It's just as important to let him know where he has no choice as it is to encourage him where he has. You have set up certain limits in which he can make his own decisions, and when he says "No" he's testing the strength of those limits. If they're strong, he feels more secure.

The restrictions placed upon a child should be consistent, but they must also be altered as he becomes older. You must be willing to give him more and more freedom to decide for himself.

ZAB:at
4-6-54

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 19, 1954

Nylon Sheets--Some Pros and Cons

Nylon sheets, new on the market this year, have a great deal of appeal despite their high initial cost. Made only in fitted bottom sheets, the nylons cost about twice as much as muslin and one third to one half more than combed percale.

According to textile specialist Florence King of the University of Illinois home economics department, nylon sheets can be expected to last considerably longer than cotton provided they are given proper care. This means that they should be washed in water of moderate temperature, gently agitated and the water forced out. A spin dryer is excellent; but if yours is the wringer type, put the sheets through in as smooth folds as possible. They should not be tightly twisted in the wringing.

Nylon sheets won't need ironing, especially since the fitted corners tend to hold them tightly to the mattress. If you use a commercial laundry, you may decide to launder your nylon sheets at home.

Miss King recommends that you invest in only one nylon sheet until after you've tried sleeping on it. Most persons find that the sheets feel very luxurious, but restless sleepers find there is added danger of slipping off the bed.

If you perspire heavily, you will probably find nylon sheets uncomfortable. In any event they won't be too satisfactory in hot, humid weather.

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FOR RELEASE WEEK OF APRIL 19, 1954

Freeze Some Cooked Foods for Emergencies

A carton or two of cooked or partly prepared foods in your home freezer can greatly simplify busy days when meal preparation time is short. You can freeze certain combination dishes, such as baked beans, beef or veal stew, chicken a la king, Italian rice, Spanish sausage, and tomato sauce and meat balls, and they will still retain their appearance, color, texture and flavor.

Workers in the foods research laboratory at the University of Illinois recommend that you prepare these foods in the usual ways, but shorten the cooking time for most of them. Cook meat and vegetables until barely tender, and take them from the heat at once. The tissues will soften further during cooling, freezing and reheating.

It is best not to include potatoes in combination dishes that are to be frozen,because their texture is changed by the freezing process. Cook and add them when you prepare the frozen food for serving.

Detailed recipes and directions are included in a circular called "Freezing Cooked and Prepared Foods." You can get it by writing to Home Economics Extension, University of Illinois.

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4/13/54

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 26, 1954

When You Make a Lace Dress

Lace dresses are headliners in this season's fashion picture. If you decide to make your own, here are suggestions for the handling and sewing of this luxury fabric. They come from clothing specialist Ritta Whitesel of the University of Illinois.

Remember that the beauty of a lace dress lies in the design of the lace itself, and not in the design of the dress. For this reason, you'll be wise to choose a pattern that is designed especially for lace, or else select one that has few seams.

Most seams in a lace garment are stitched by machine. If the lace is quite open and coarse, you may want to use a tissue paper base as you stitch. Very fine lace is sometimes stitched by hand instead of by sewing machine. Hand sewing is a "natural" for lace, and it makes a softer seamline.

Although lace edges don't fray or ravel, it is well to strengthen the seams by putting a row of machine stitching about one-eighth inch from the cut edge.

When lace edges are to be bound, as around the neck or armscyes, use a double bias binding, called a French binding. You can make this of the lace itself, or of a matching sheer fabric like chiffon, organza or organdy. The curved edge should be stay stitched before the binding is applied.

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AJR:at
4-20-54

FOR RELEASE WEEK OF APRIL 26, 1954

How To Freeze Asparagus

Fresh asparagus for dinner is one of the early delights of spring. This excellent vegetable has a short growing season, but if you store some in your freezer you can have it throughout the year.

Workers in the food research laboratory at the University of Illinois give the following suggestions for preparing it for freezer storage:

Select tender young stalks with compact tips, and sort according to the thickness of the stalk. Wash the spears well, and cut or break off and discard the tough parts. Cut the tips either into lengths to fit the carton or else into pieces one inch long.

They are now ready to be blanched, or scalded. This step must never be omitted if the greatest possible amounts of color, flavor, texture, and nutritive value are to be retained. Scald one pound of asparagus in six quarts of boiling water for three minutes. Start counting the blanching time from the moment the vegetable is placed in the boiling water. After being in the boiling water for the required time, cool it at once in a large kettle of cold running water or ice water, and then drain.

Pack into freezer cartons, allowing no head space. You can save space when packing spears if you alternate tips and stem ends. When you have a firm, compact package, seal the carton and freeze.

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4-20-54

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 3, 1954

This Is Illinois Home Economics Extension Week

This week Illinois is observing the 39th year of home economics extension work in which nearly 52,000 homemakers are enrolled. The home bureau association is the sponsoring agency for the home economics extension program in each county.

The extension program gives a helping hand, also, to thousands of nonmembers throughout the state, for in no way is the service limited to organized home bureau membership. Examples are cited by Mrs. Kathryn Burns, state leader of home economics extension, University of Illinois, who says home adviser reports show that during a typical month--October, 1953--2,197 visitors attended community unit meetings. In one county during the year, there were 1,500 telephone calls, only half of them coming from members; in another county the home adviser reported contacting 2,082 persons who were not members of community units.

Each phase of the county program of work is directed toward increasing information and understanding. There are committees on health, rural schools, music, recreation and legislation. Much of

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FOR RELEASE WEEK OF MAY 3, 1954

This Is Illinois Home Economics Extension Week - 2

the work is keyed to community projects--cancer drives, blood banks, loan libraries and home safety. The groups also sponsor home economics 4-H Club work in almost every county.

Through their membership with the Associated Country Women of the World, home bureau women share mutual interests in home and country, exchange knowledge and experience and help to build a strong international bridge of friendliness and understanding.

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AJR:at
4-27-54

FOR RELEASE WEEK OF MAY 3, 1954

Buy Sweater With Easy Fit

This season of chilly mornings and nippy evenings makes one reach for a sweater, or else wish for one if that item is missing from the wardrobe.

If you don't have a sweater because you've felt you are not the "sweater girl" type, the chances are you've had some trouble in buying a size that is right for you. Many women find sizing a problem, for they don't want the close fit that results when sweaters must be stretched to their size.

Myra Baker, clothing specialist of the University of Illinois, says that, in order to get an easy, comfortable fit, you will need a size 38 or 40 sweater if you wear a size 36 dress. In other words, you can generally count on needing a size or two larger than your usual dress size. If you wear a larger sized dress than a 36, you may have trouble finding a sweater that fits comfortably unless the manufacturer's line runs large.

At present it is not a good idea to buy a sweater without trying it on first. And it should be tried on over the kind of clothing that will be worn underneath. Careful shoppers have found that sweaters of the same style, marked with the same size number, may differ as much as two inches in bust or chest measurement and an inch or more in sleeve length and width.

Taking time to try on the sweater will save dissatisfaction and exchanges that are troublesome and costly both to you and the store.

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AJR:at
4-27-54

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 10, 1954

Serve Rhubarb in Many Ways

Rhubarb pie is such a favorite that it's no wonder some folks refer to rhubarb itself as pie plant. No matter what it's called, there's nothing like its refreshing tartness to pep up jaded winter appetites.

Why not vary your usual rhubarb pies by adding an orange and a dash of nutmeg to the filling? Or you might make rhubarb chiffon pie and serve it with shredded coconut atop the delicate pink filling.

But if you limit your family's enjoyment of rhubarb to its use in pies--good as they are--you'll be missing some wonderful chances to add other highlights to your meals, believes foods specialist Patricia Wyatt of the University of Illinois.

Rhubarb served plain, as sauce or baked becomes a favorite fruit for breakfast or luncheon. You'll have a colorful and truly good appetizer if you sweeten fresh rhubarb juice with sugar or honey and add a dash of lemon or lime juice.

You'll find that rhubarb will form the basis for many delectable desserts, such as rhubarb crisp, rhubarb brown Betty, rhubarb cobbler, escalloped rhubarb, rhubarb meringue and rhubarb upside-down pudding. Lots of good cookbooks include recipes for these taste-tempting desserts. Why not give your family a special treat, tonight?

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AJR:at
5-4-54

FOR RELEASE WEEK OF MAY 10, 1954

Buy Pattern That Fits

To assure a perfect fit in that new summer dress you are planning to make, buy a pattern according to your actual body measurements and not on the basis of the size of your ready-made dresses.

Ritta Whitesel, clothing specialist, University of Illinois, points out that dress patterns are not made by the same measurements as the ones you buy in your favorite shop. That's also true of patterns for skirts, blouses, suits and other apparel. Patterns are based on actual body measurements, and that's how you'll want to order them.

If you don't already have accurate measurements, have someone take them for you. Measure the fullest part of your bust, your waist and the fullest part of your hips.

When buying a pattern, let the bust measurement be the guide. It is usually easier to alter the hips or waist than the bust.

If there is much variation in the hip measurements, you may want to buy two patterns--one according to your bust size and the other according to your hip size. Then the waistline is the only part you'll need to alter.

When your measurements and those of patterns vary quite a bit, try to choose patterns you can alter easily. Remember that your sewing will go much more smoothly and quickly if you choose patterns that are simple in line and the right size for you.

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-4-54

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 17, 1954

Turkeys Still Plentiful in the Midwest

Turkeys are still plentiful in midwestern markets. These include birds of the heavy breeds as well as small "family-sized" fryers weighing only four to eight pounds. With so much variety available, you'll have plenty of chance to satisfy your family's appetite for turkey.

Today's turkey industry can also supply you with turkey in halves or quarters, cut up or by the piece. You can buy it fresh or in packages, and cook it in any way you please--fried, broiled, barbecued or fricasseed in addition to the more traditional roasting.

When you buy a ready-to-cook turkey, you'll be getting nearly three-fourths, or 74.2 percent, of it in edible meat, according to a study made at the University of Illinois under the direction of meats specialist Sleeter Bull. This compares very well with the 65.5 percent of edible meat the same study shows one would get from a broiler chicken.

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AJR:at
5-11-54

Cakes Vary With Pans

Your cakes will rise more evenly and brown more evenly in shiny pans than in dark ones, according to Virginia Guthrie, University of Illinois home management staff. The same thing applies to pies and biscuits.

A dark pan absorbs heat, causing the cake to bake more rapidly. The result is a very dark, coarse, thick crust on the sides and bottom of the cake. On the other hand, a shiny pan reflects the heat in such a way that the sides and bottom brown evenly and the crust is tender and delicate.

A cake baked in a dull, dark pan has less volume than one baked in a shiny pan, and it is sometimes higher in the center than on the sides.

Glass and enamel absorb quite a bit of heat and cause darker browning than bright aluminum. Therefore, have your baking temperature 15 or 25 degrees lower when you use glass and enamel utensils.

To get the best texture in your cake, use pans that have straight sides and are not too shallow. The batter should be at least 5/8 to 1 inch deep, but should not fill the pan more than half full.

To help you determine what size of pan to use, Miss Guthrie offers this guide: For a round layer cake using two cups of flour, use an 8-inch pan for three layers or a 9-inch pan for two layers. For a square two-layer cake, use an 8x8x2-inch pan if the recipe calls for two cups of flour or a 9x9x2-inch pan if you use three cups of flour. A loaf cake calling for two cups of flour should be baked in a pan 10x5x3 inches, and a sheet cake calling for three cups of flour should be baked in a pan 13x9x2 inches. A recipe calling for one cup of flour will make 12 medium-sized cupcakes.

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-11-54

for weeklies

Homemaking news

'IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 24, 1954

Measure Flour Accurately For Good Baking

What method do you use for sifting flour? Some of the sifters now on the market are made so that flour can be sifted directly into the measuring cup. While this method is easy and convenient, it may not always give you an accurate measurement.

Foods specialist Pearl Janssen of the University of Illinois says sifting flour directly into the cup gives about 2 tablespoons less flour per cup than sifting and then transferring it into the cup. Flour tends to repack when spooned into the cup, causing the cup to hold more. Recipes are usually based on the method of sifting flour before transferring it to the measuring cup.

This difference of two tablespoons per cup would not have much effect on plain cakes or muffins, but it might be detrimental to tender angel cakes or very rich cakes, causing them to fall.

For these especially delicate cakes, Mrs. Janssen suggests either adding two tablespoons of flour per cup of sifted flour if you sift directly into the cup or sifting the flour before transferring it to the measuring cup.

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MS:at
5-18-54

FOR RELEASE WEEK OF MAY 24, 1954

Clean and Care For Your Broiler

Grease the rack of your broiler before using it, and you'll find it easier to clean after you've broiled those juicy steaks or chops.

That's tip number one on the care of your broiler from Virginia Guthrie of the University of Illinois home management staff. Miss Guthrie says salad oil or shortening can be used for greasing the rack.

After broiling, pour off all the drippings as soon as you have removed the food, and use paper towels to wipe off both the pan and the rack. Then fill the pan immediately with very hot water, and add a soap powder or detergent. Let the pan and rack stand until you are ready to wash them. With fresh, hot suds, you'll find them easy to clean.

If you have no use for the drippings and wish to dispose of them, add enough trisodium phosphate to form a soap curd. Then it can be flushed down the drain.

For particularly stubborn food that sticks, you can use steel wool pads containing soap if your broiler is aluminum or stainless steel. Enamel broilers, however, require more gentle treatment.

It's a good idea to remove the broiler when using your oven. This will prevent cracking of the enamel or warping of the metal pan. In some cases it will also prevent interference of heat circulation.

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-18-54

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 31, 1954

Use Emulsified Fats For Quick-Mix Cakes

To get smooth and silky texture in cakes, our grandmothers used to spend a great deal of time in creaming the butter and sugar together and beating the batter.

Mrs. Pearl Janssen, foods and nutrition specialist, University of Illinois Department of Home Economics, says the four-minute method of mixing cakes can give you almost the same results. But she cautions you to use a fat to which an emulsifier has been added. Otherwise your cake may have a coarse grain and texture. The emulsifier takes over the job that our grandmothers had to do in creaming the butter carefully and beating the batter thoroughly.

Emulsifiers are not mentioned on the labels of all fats. But you can be assured that all vegetable shortenings, like margarine, and hydrogenated fats have it.

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AMS:at
5-25-54

Fasteners For Children's Clothing

Small children who are learning to dress themselves get along much better when the fasteners on their clothes are within easy reach and are easy to manage.

Mrs. Millicent Martin, who works with 3- and 4-year-olds in the Child Development Laboratory at the University of Illinois, says clothes that fasten in front are easiest for a child to master, while those with side fastenings are next.

All fastenings should be durable and of a size and shape that makes them easily managed.

If buttons are to be used, try to select ones that are at least 1/2 inch in diameter. Flat, round ones with a grooved edge are easy to hold onto. Avoid unusual shapes, such as animals and flowers.

Use snaps or grippers only if they are large enough to fasten easily. Hooks and eyes are too hard for little children to manage; so are crocheted loops. Slide fasteners are easy to use, especially if they are in firm materials like corduroy or woolens used in jackets or snowsuits.

Bows and sashes are much too difficult for a young child to tie. Also, they are apt to come unfastened during active play and may present a safety problem.

Some garments for children don't require fasteners. Pull-over shirts and dresses are a good choice if the openings are big enough to let them slip off and on easily. Wide elastic and stretchable bands give other garments special self-help features.

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AJR:at
5-25-54

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 7, 1954

Home Freezers--What To Do When Power Fails

First aid may be needed for your home freezer in case of power failure. Knowing what to do and where to get immediate help is important.

In order to be prepared for trouble, determine the nearest source of dry ice and the amount that can be supplied on short notice, advises Catherine Sullivan, home management specialist, University of Illinois College of Agriculture. If there are many lockers and home freezers in the area, an auxiliary source of supply may be necessary.

If you have food stored in the freezing compartment when the power fails, move it immediately into the storage compartment. Then try to find out how long the trouble will continue. If the power is to be off for only a few hours, no precautions need be taken provided the freezer is not opened.

However, if the power is likely to be off for more than three or four hours, you'll need dry ice to maintain the temperature of the freezer. Fifty pounds is enough to protect the average-sized

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home freezer up to about 36 hours. Plan to replenish the supply promptly, because the temperature rises rapidly once the dry ice has been used.

Handle dry ice carefully, protecting your hands to avoid burns. Saw or chop it into pieces that will fit into the storage compartments easily. Cover the packages of food with boards, and place the dry ice on the boards. DO NOT PLACE THE ICE DIRECTLY ON THE FOOD.

Keep the freezer closed until it is necessary to add more ice, or until the equipment has been in operation for several hours. Covering the equipment with blankets will help to maintain the temperature when dry ice is used. However, blankets used alone are of little if any value.

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JEH:at
6-1-54

FOR RELEASE WEEK OF JUNE 7, 1954

Embossed Cotton Needs Different Care

Embossed cotton is proving very popular this year. If you've bought or made some clothing of it already, perhaps you've found out that it needs care different from that you give your other cotton clothes.

Some tips on caring for embossed cottons come from University of Illinois clothing and textiles specialist Jane Werden. She says to remember that you want the material to continue looking as it did when you bought it. When you're washing embossed cottons, don't wring them too much. When you hang them to dry, it's a good idea to pull them into shape. If facilities are available, drip drying is desirable.

Don't bleach embossed cotton because it may turn yellow and the fabric will be weakened. The material won't need any starching because the finish used for embossing also provides stiffening.

If your embossed cottons do need to be ironed, Miss Werden says to iron them dry instead of damp. But don't use as hot an iron as you ordinarily would for cotton. Whenever you iron or press them, be sure it's on the wrong side of the material, and use a pad on your ironing board. A terrycloth towel makes an excellent pad.

With proper care your embossed cottons will look as lovely all through the summer as they did when they were brand new.

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for weeklies

Homemaking news

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 14, 1954

Breakfast Is The Most Important Meal

See that your family start the day right by serving them a good breakfast--one that provides one-fourth to one-third of the day's food needs.

Numerous studies show that the "no-breakfast" habit causes various ill effects. Nutrition specialist Harriet Barto of the University of Illinois says they show up at first as headaches, irritability, lowered efficiency or mid-morning fatigue.

When you get up in the morning, you haven't had a meal for 12 to 14 hours. You need to replace the energy reserves that your body used during the night.

Traditional breakfast foods in the U. S. are plentiful--enough to serve a different morning menu every day of the year. The breakfast pattern that includes fruit, cereal or bread and a beverage plus milk, with the frequent addition of eggs, bacon, other meats, cheese or fish did not develop just by chance. Every one of these foods has a specific purpose.

Fruits and citrus fruit juices supply vitamins, especially vitamin C, which the body needs every day. Breads and cereals provide

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energy, some vitamins and minerals. Combined with milk they also provide proteins.

Protein-rich foods, such as milk, eggs and meats, which also contain some fat, give a person a strong feeling of well being. And when you eat some of these foods, you don't feel hungry so soon.

The milk that is included in the basic breakfast pattern is a good source of calcium, phosphorus and top-quality protein. One of the advantages of including cereals is that most people like their cereals with milk or with cream, half and half, and are therefore bound to get more milk than breakfast might otherwise supply.

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AMS:at
6-8-54

Ice Cream Is Good Food Source

One-third pint of ice cream is about equal to one-half cup of whole milk in calcium, protein and the B vitamins. It is equal to more than one cup of milk in vitamin A and calories.

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Keep Milk Cold

Pasteurized milk will retain its flavor and quality for three or four days if you keep it under good refrigeration. It deteriorates rapidly when kept longer.

Be sure to keep milk tightly covered. And get it into the refrigerator as quickly as possible after it is delivered.

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AJR:at
6-8-54

Remodel The Old Clothes

You probably ran across a lot of old clothing, some of which no longer fits you, while you were doing the spring housecleaning this year. Maybe you found some that you're still planning to wear, but you're awfully tired of looking at it.

Then it's time to do some remodeling, says University of Illinois clothing specialist Fern Carl. A little remodeling can make a big difference in your wardrobe.

Try on each garment and look at yourself in the mirror so that you can see just how it fits. If it needs some altering, make the necessary notations or pinnings. Check the seams, the length, the style and trimmings. If your beige silk dress is too tight, write down the amount you'll have to let out the seams so that you won't forget, and if that red denim skirt needs the hem taken up a couple of inches, make a note of that too.

Perhaps you have some clothes which will need to be completely made over. If a dress has worn out under the arms, why not make a sun dress or a pinafore out of it? Sometimes you can make a skirt and a short jacket or bolero from a dress. Maybe you can change one of your dresses simply by adding pockets, collar and cuffs, or an artificial flower. New buttons can often perk up an old dress or suit. Or you may want to change the color by tinting or dyeing.

You can make dickies, aprons, trimmings, beach bags and play clothes from your old clothing. And don't forget the children! Miss Carl reminds you that all kinds of clothes can be made for the children from your own clothes which you no longer plan to wear.

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ZAB:at
6-8-54

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 21, 1954

Help Your Dry Cleaner Serve You Better

When you take clothes to your dry cleaner, tell him of what fibers the garments are made and what has caused spots on them.

This advice comes from University of Illinois clothing specialist Edna R. Gray, who says you should also tell your dry cleaner whether you have tried to remove a spot and, if so, what spot remover you used.

A good dry cleaner is anxious to give you the best service, and he will appreciate your help. He'll get the spots out if it's possible to do so without harming the fabric or color.

A well-cleaned and pressed garment will be returned to you free from wrinkles and impressions made by seams, pleats or buttons. Pleats will be sharp, straight and evenly spaced. Seams, pockets and cuffs will be free from lint. And, above all, the garment will be perfectly clean and free from odors.

If it is necessary to remove shoulder pads, trimming, buttons, belts or ornaments for cleaning, they should be replaced by the cleaner. And, remember, a good dry cleaner will see that you get special service, such as hand pressing or repairing, if you want it, but you must expect to pay him more for it.

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ZAB:at
6-15-54

FOR RELEASE WEEK OF JUNE 21, 1954

Give Children Building Materials for Back-Yard Projects

As days grow warmer, 4- to 9-year-old children show less interest in the active play that goes with swings, teeters and slides. Instead, they use long out-of-doors hours in doing things they see being done by their fathers and mothers or by workmen, such as carpenters, plumbers and engineers.

Give the children some large building materials and the "go ahead" for projects in the back yard. You'll be surprised at the variety of make-believe that comes to life in their hands. "Parents will find they have fewer interruptions at their work when the children are occupied in wholesome projects that interest them," says Dr. Nellie L. Perkins, director of the child development division of the University of Illinois home economics department.

As a good basic beginning, and an inexpensive one, Dr. Perkins suggests providing children with a variety of large packing boxes of assorted sizes, plus a dozen four-foot planks and about six small carpenter horses. Put the equipment in the shade, where there is plenty of room for a group of playmates to move around in. A grassy plot and a hard surface, such as sidewalks or driveways, are good for block building, but children can manage without them.

You'll find that the children will reproduce buildings, road projects and many other activities they see being carried on about them.

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-15-54

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 28, 1954

Farm Children Frequent Drowning Victims

A farm pond and a stock watering tank took the lives of three Illinois farm children in May--and such tragedies will probably be repeated unless parents take extra precautions, warns University of Illinois extension safety specialist Gordon McCleary.

The youngest victim was a 2 1/2-year-old boy in LaSalle county. He had been playing in the yard of his home only a few minutes before his mother noticed that he was missing. She found him in the stock tank, and her efforts to revive him failed.

The other two boys, age 6 and 10 years, drowned in a Fulton county farm pond. When the pony they were riding attempted to drink from the pond, it apparently lost its footing and plunged into the water. The boys were thrown into water eight feet deep.

Keeping children away from open stock tanks or other water-filled containers can help to prevent many drownings, McCleary says. Remember, it takes only a few inches of water to drown an infant. For reasons of safety and sanitation, make sure well and cistern covers are strong and tight.

And if you have a farm pond, make it a rule that your children stay away from the edge. Enforcing this rule may save a life.

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GLM:sf
6/22/54

FOR RELEASE WEEK OF JUNE 28, 1954

10-Pound-Pressure Saucepan O. K. For Canning

If your pressure saucepan can be operated at 10-pound pressure, you may substitute it for a pressure canner in processing food. But be sure the saucepan is deep enough to hold pint jars standing on a rack and will leave enough room at the top to permit locking the lid.

Gerldine Acker, foods specialist at the University of Illinois, also recommends carefully reading the instructions that come with your pressure saucepan. There are many different makes on the market, and all of them differ slightly.

A pressure saucepan is a handy piece of equipment for canning small amounts of fruit and vegetables as they ripen in your garden. Then, too, you may have a pressure saucepan but no pressure canner.

Pressure saucepans hold 3 or 4 pint jars. Since they heat much faster then regular canners, new canning times had to be developed. Because the time has to be exact, it is important to follow directions given in the handbook that came with the equipment.

Make sure your pressure saucepan is in good condition before you use it for canning. Miss Acker recommends checking the gasket, which is made of rubber or rubber-like compounds. The gasket assures a tighter seal and prevents steam leakage. Therefore be sure to replace it as needed.

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If the safety plugs blow out or melt down from excessive pressure or dangerously high temperature, replace them. Remember, they are supposed to go into action in such an emergency and are therefore important.

As you know, the vents control the air and permit the release of steam from the saucepan. Weight gages control pressure and release excess steam. Dial gages have additional safety vents.

It's a good practice to have the dial gage checked for accuracy once a year if it is removable. Your county home adviser or the home service agent of the electric or gas company may be able to check equipment for you or to tell you where the checking can be done locally.

If major repairs are needed, it may be necessary to send the equipment to the manufacturer. If so, pack it carefully and label it "Fragile."

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AMS:sf
5/22/54

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 5, 1954

Make Sure Fan Is Clean

Your fan will work better if you make sure it's clean before you use it, according to Catherine M. Sullivan, home management specialist at the University of Illinois.

First, use a dry cloth to wipe off the blades, wire frame, base and motor. Make sure you don't bend the fan blades while you are cleaning them.

Next, check the screws that hold the parts together to be sure they haven't been loosened by vibration.

Then oil the motor through the holes that are provided for that purpose. Use an oil that is made especially for use on electric motors. You can get it at most auto service stations. Just make sure you don't oil the motor so much that it readily collects dust.

On a summer night you can put the fan in a window so that it blows the air out, and it will draw cool air in through the other windows of the room.

You may even want to use your fan outside. It will be just as effective there in stirring up a breeze as it will be inside. If you use it on a porch and do not have an electric outlet near by, an extension cord will do the trick.

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ZAB:sf
5/20/54

FOR RELEASE WEEK OF JULY 5, 1954

Have A Home Soda Fountain

Let your refrigerator be your home soda fountain, and win the applause of your family.

Miss Geraldine Acker, foods specialist at the University of Illinois, says to mix beverages that are nourishing as well as refreshing. Keep milk, ice cream or sherbet, fruit juices and fruits and a few carbonated beverages ready to mix. The variety that you can prepare quickly is almost unlimited.

For nourishing drinks use milk as a base, add ice cream, eggs or even both. Then if your youngsters won't eat right because it's just too hot, don't worry too much--as long as they get their share of these nourishing frosty coolers, they will be pretty well fed. Add variety in flavor and color to these beverages by using different fruits, fruit juices or other flavors, such as chocolate, vanilla or mint.

You'll need to use only a small amount of carbonated beverage to add the "bubbles" that children like so well. For example, milk mixed with ginger ale and cracked ice is a refreshing drink. Top it off with a colorful straw to give it that professional touch.

Even though you are watching your calories, there are many delicious drinks you can mix and enjoy without exceeding your calorie quota. How rich they are will be up to you. Cool juices mixed with sherbet and carbonated water offer a wide selection of flavors. Try one (46 oz.) can of apricot nectar or 1 1/2 cups of orange juice

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diluted with one quart of ginger ale poured over one pint of orange sherbet. Or mix the juice of one lemon with 1/2 cup of cooked sieved prunes, 1/2 cup of pineapple juice and 1 1/2 cups of water.

Have you tried to blend vegetable juices? Grate 1/2 cup of cucumber and mix it with 2 1/2 cups of tomato juice, 1 tablespoon of lemon juice, 1/4 teaspoon of Worcestershire sauce, 1/2 teaspoon of onion juice and 1 teaspoon of salt. Strain and serve ice cold.

If you want a drink that is a little more nourishing, how about a "Grape Nog"? Beat an egg until it is as thick as cream. Stir in 1/3 teaspoon of cinnamon, 1 teaspoon of lemon juice and two cups of chilled grape juice. Serve very cold. Or, if you prefer a "Grape Float," pour chilled grape juice over a scoop of ice cream.

These are just a few suggestions. Use your own imagination, and blend your favorite flavors to make cool summer beverages that will delight your family.

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AMS:sf
6/29/54

for weeklies

Homemaking news

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 12, 1954

Wooden Toys Are Good for Sand Boxes

Wooden toys for the sand box are better than metal or plastic ones, says child development specialist Dr. Nellie L. Perkins of the University of Illinois.

The wooden trucks, boats and engines on the market are excellent and inexpensive. The paint will be scratched off bottoms, but this won't interfere with their efficiency on sand roads or tracks or waterways.

On the other hand, metal toys rust, the wheels clog with sand so they won't function, and cranks stick so they won't turn. When children are thwarted by the mechanics of such toys, they need too much help from adults.

Plastic toys and tools are too fragile for the sand box. Broken ones have sharp jagged edges that are even more dangerous than broken glass.

Very fine equipment for digging and cake making includes butter paddles, basting spoons and sugar scoops. Jello molds, individual luminum pie plates and toy cooking utensils are perfect accessories or sand play. A sprinkler to dampen the sand so it will cake and stay ut is a good investment.

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JR:sf
/6/54

FOR RELEASE WEEK OF JULY 12, 1954

Tomato Season Is Here Or Near

Bright red, juicy tomatoes add flavor and color to any summer meal!

They are also a source of vitamins C, A, B_1 and G, says Pearl Janssen, foods specialist of the University of Illinois.

You can be sure your family won't get tired of tomatoes by preparing them in many different ways. Serve them raw or cooked, stuffed or plain, scalloped or broiled. In fact you may serve them from breakfast to dinner.

Tomato juice offers a break in the orange juice routine for breakfast. Or add more color and a different flavor to the scrambled eggs or omelet by serving fried tomato slices along with them or by scrambling the eggs directly over the sliced tomatoes.

There is a wide use for tomatoes for lunch, other than just in salads. The flavor of cheese and tomatoes blends well at any time. Try a cheese and tomato sandwich or a cheese souffle with tomatoes. Mrs. Janssen recommends scalloped eggs with tomatoes and cheese sauce as a delicious treat.

For this dish, allow one hard-cooked egg for each serving, 1/2 of a medium sized tomato, 1/2 cup of cheese sauce and 1 to 2 tablespoons of buttered crumbs. Cut eggs and tomatoes in quarters, and arrange in buttered casserole. Then pour cheese sauce over them, cover with buttered crumbs and bake in a hot oven for 10 minutes or until brown.

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Tomato Season Is Here Or Near - 2

Tomatoes may also be served well as a main course for dinner Mrs. Janssen suggests you bake them stuffed with seafood, ground beef or soft bread crumbs and bacon. Or if your family prefers them raw on a hot summer day, stuff them with a cold meat salad.

And just one more reminder: Tomatoes are a good picnic food because they pack easily, add color and help quench the thirst. For extra zip to your tomatoes add a bit of lemon juice or ground onion.

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AMS:sf
7/6/54

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 19, 1954

Make Use of Electric Range Outlet

If you've wondered how you can use your sandwich grill and electric coffee maker in the kitchen at the same time without blowing a fuse, try plugging one appliance into the outlet on your electric range.

The range outlet is separate from the other kitchen outlets, says Miss Catherine M. Sullivan, University of Illinois home management specialist. Putting part of the load on each circuit makes the appliances work better and also keeps you from blowing a fuse.

If your range outlet doesn't work, Miss Sullivan says, it probably needs a new fuse. This fuse is usually found near one of the upper corners of the oven opening and can be seen when the door is open.

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GLM:sf
7/14/54

FOR RELEASE WEEK OF JULY 19, 1954

Serve Peaches Differently

Have you ever tried serving peaches with barbecued hamburgers? Or pickled peaches as another tasty treat with meats?

Pearl Z. Janssen, foods specialist at the University of Illinois, says you can serve peaches in many more ways than just in peach pie or cobbler. And they are a particularly good buy just now.

For the peaches with hamburgers, put the patties on aluminum foil. Spread them with barbecue sauce and broil until browned. After you turn the meat, put one large cling peach half beside each patty. Baste the peach halves with the remaining sauce and finish cooking the hamburgers.

For pickling peaches put 10 two-inch pieces of stick cinnamon and one tablespoon of whole cloves in a bag into a large saucepan with three cups of vinegar, three pounds of sugar and three cups of water. Stir until sugar has dissolved, and then boil the mixture for five minutes.

This mixture will pickle six pounds of peaches. Peel only as many as you can cook at one time. You can leave clingstone peaches whole if they are not too large, but cut freestones in half and take out the stone.

Simmer the fruit in syrup for about five minutes. When tender, remove with a perforated ladle or spoon. After all peaches have been cooked, return them to the syrup, cover and let stand over night.

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Serve Peaches Differently - 2

In the morning drain off the syrup and boil until thick. Pack the fruit into hot sterilized jars, fill with the hot syrup and seal immediately

You may stick one clove into each peach instead of putting the cloves into the bag with the cinnamon.

For the familiar peach-taste, your family will enjoy raw, sliced peaches served topping for ice cream, with breakfast cereals or with cream and sugar. If the skin doesn't peel off readily, Mrs. Janssen recommends dipping the peaches into boiling water for a few seconds. If you are not going to serve the sliced fruit immediately, you can sprinkle with sugar and lemon juice to prevent darkening.

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AMS:sf
7/14/54

FOR RELEASE WEEK OF JULY 19, 1954

Refrigerate Food in Hot Weather

Ninety-degree weather makes proper refrigeration of food doubly important, warns a specialist in the Department of Food Technology, University of Illinois. Hot weather increases bacterial growth, which may result in food poisoning.

Oliver W. Kaufmann points out that one bacterium kept at body temperature (98° F.) for 24 hours can multiply 5 billion times. By contrast, a bacterium kept at refrigerator temperature (50° F.) multiplies only 500 times.

Foods, begin to have an off-flavor and may even be poisonous when the bacterial count is over 10 million. Milk, for instance, will become stringy and develop a sour flavor and other food products may become slimy and develop a bad odor.

One of summer's food problems is to keep picnic sandwiches from spoiling and to prevent food poisoning. In four to five hours enough toxins may develop at a temperauure of 100° F to causefood poisoning.

Kaufmann says all sandwich spreads, meats and cheeses sold in stores will be safe on picnics if they are fresh and are kept cold until you are ready to make and use the sandwiches.

Special care should be taken with homemade spreads, especially those containing chopped meats, because excess handling exposes food to more bacteria. Also ingredients may get warm during preparation.

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Refrigerate Food in Hot Weather - 2

Once bacteria start to multiply, says Kaufmann, even low refrigerator temperatures won't stop them very well.

So, if you want to make your own spreads, use refrigerated ingredients, mix them fast and cool them in the refrigerator before you spread them.

If you want your refrigerator to cool effectively, don't put too much food in at one time; overloading the refrigerator prevents proper cooling.

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AMS:sf
7/14/54

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 26, 1954

Understand Parent-Adolescent Problems

No mother ever delivered a child at adolescence with less pain than at the hour of birth, says a writer. The problem of that period is that the old relationship between parent and dependent child is broken, and the break is painful for everyone.

Dr. J. Charles Jones, family relations specialist at the University of Illinois, says the parent-adolescent relationship is frequently troubled by lack of understanding of each other's viewpoints.

Young people are apt to contend that their parents just can't realize that they're grown up, and they attribute most of their problems to this cause. But they fail to realize that for a good many years they have not been grown up and that their parents have acquired the habit of protecting them.

Young children demand a great deal of affection and attention, whereas adolescents trying to get on their own feet feel less and less need for them.

But parents can't turn their concern for their children off and on like a water faucet. So some of it spills over into the lives of adolescents and is frequently regarded by them as unreasonable interference. On the parent's side it seems unreasonable, too,

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that they should be criticized for something they have done out of affection for their child.

Dr. Jones says if you can understand that probably all parents of adolescent children suffer and that the rebellion of adolescents is probably inevitable in our culture--and not the result of shortcomings as parents--it may help you through this period.

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7/20/54

First Aid for Nylon Slips

You've probably had experience with seams ripping, colors fading, styles changing and lace wearing out on nylon slips.

Miss Fern Carl, University of Illinois clothing specialist, offers these suggestions to help with such problems:

When seams rip, you can sew them either by hand or by machine, depending on the time you have. Cotton thread is all right, but if you use nylon or Dacron thread you'll have the advantage of quick drying. If you sew the seams by hand, use an overhand stitch.

Colors will fade in nylon slips and the simplest remedy is to redye them. If you wish, you can remove all the old color first with a color remover made by a commercial dye manufacturer. Using the color remover may be quicker and safer than using a bleach.

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FOR RELEASE WEEK OF JULY 26, 1954

First Aid for Nylon Slips - 2

Styles change from year to year. You'll find shadow panels in the slips today. If your old slips don't have them, use an old slip or buy new material and make them.

If you like fancy slips, you'll probably find that you are not wearing the tailored slips you got several years ago. In that case, add some lace or a net frill to the hem and the top. Cotton lace is all right, but if it's nylon it will dry as quickly as the rest of the slip.

You can do the same thing if the old lace wears out. However, there are a few things you can do to prolong the life of the lace. Before it begins to wear, reinforce it where the straps pull. Be sure the strap is fastened to the slip and not to the lace. Washing wears lace out, too, so wash the slip carefully and don't snag it.

If the net frill has no edge finish, it sometimes splits and becomes raggedy. You can prevent this by finishing the edge when the slip is new. Use your machine to stitch the raw edge, turn a tiny hem or use the zigzag stitch. If you want to sew it by hand make a hand-rolled hem or a narrow flat hem. The frilling is finished on the edge of better slips, but not on some of the less expensive ones, so it depends on whether you prefer to spend the money for a better slip or the time to finish the edge.

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ZAB:sf
7/20/54

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 2, 1954

Keep Pressure Spray Containers from Children

Paint, insecticides and other liquids in pressurized spray containers can save time and eliminate work and mess--but they're dangerous in the hands of children.

Gordon McCleary, University of Illinois safety specialist, says a blinded eye or serious illness can result if junior tinkerers accidentally spray themselves with the liquid in the pressure can. Most dangerous are cans holding insecticides, paint or lacquer.

Oil base sprays, such as might be used in the garden, are particularly harmful because they tend to cause respiratory disturbances.

Another danger--and this applies to adults, too--is that highly flammable liquids sprayed near fire or gas appliances can cause a flash fire. Always read the label carefully and follow directions.

To make your home "spray safe," McCleary says, keep spray containers in a cabinet that children can't open. Treat the sprayer as you would a gun--never point it at anyone. And make sure you've released all the pressure before you discard a container.

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LM:sf
/27/54

FOR RELEASE WEEK OF AUGUST 2, 1954

Save Money, But Save Yourself

If you're planning to take advantage of the summer sales to buy clothes needed for the remaining six weeks of summer, remember that summer clothing should be not only comfortable, but also easy to care for.

The hot weather necessitates many changes of clothing and a lot of laundering at a time when we feel like doing as few chores as possible. To make your work load lighter, Miss Edna R. Gray, University of Illinois clothing specialist, offers some suggestions for making your washing and ironing easier by the choice of clothes.

Try to choose clothing that can be put into the machine and will not require hand washing. This will save you some time and erergy.

The new synthetic fabrics, such as nylon, Orlon, Dacron and dynel, all absorb little moisture and therefore pick up less soil and fewer stains than the old familiar fibers. All the soil is on the surface, so it does no good to soak clothes made of these fibers. They all resist creasing but hold creases if carelessly handled, so don't put them through rigorous wringing or pile them beneath a heavy load of other wet clothes. Hang them on clothes hangers and let them drip dry, using only finger pressing.

If you still prefer cotton for hot-weather wear, you can even buy cottons that require only finger pressing. There are crepe weaves, knit fabrics and plastic finishes.

Look for the crease-resistant and spot-resistant finishes, too, to keep your work to a minimum. And be sure to avoid frills and other trimming that take so much precious time to care for.

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AB:sf
/27/54

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 9, 1954

Make Iced Tea By Refrigerator Method

To be sure of getting iced tea that is crystal clear and bland in flavor, make it by the refrigerator method, says Pearl Z. Janssen, food specialist at the University of Illinois.

Use two teaspoons of tea for each cup of water. Pour cold water over the tea and let it stand overnight in a covered jar in the refrigerator. Strain and pour over ice.

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Take Time to Be Comfortable

Take a few minutes to prepare for your homemaking activities, and the jobs won't seem half bad, says Catherine Sullivan, University of Illinois home management specialist.

If you have to stand to do the job, get a mat to stand on before you start. If you can arrange to sit down, by all means get yourself a chair. If it's necessary to stay where it's hot, take time to get a fan. But, if possible, gather up your materials and do the job on a porch or under a shade tree where it's cool.

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/3/54

FOR RELEASE WEEK OF AUGUST 9, 1954

Teach Children Rules to Live By

Whether your children walk, ride a bicycle or climb on a bus to get to school, give them a set of safety rules to live by.

Knowing where and how to cross the street or road is important for children who walk to school, says Gordon McCleary, University of Illinois safety specialist. If possible, they should always use marked crosswalks. And, after seeing that the way is clear, they should walk--not run--across the street.

Children who obey authority--whether it's a school patrolman, policeman, teacher or bus driver--are most likely to return home unharmed. If there isn't anyone to guide them, they should be taught to look in all directions for traffic before venturing into the road or street.

Where there are no sidewalks, children should walk on the left-hand shoulder of the road so that they can see oncoming cars. A bright jacket or cap will help drivers see them.

Bicycle riders must not only obey traffic signs, but must be ready to give way to thoughtless or careless drivers. Bicyclists should use the right lane and keep close to the curb or edge.

McCleary says children who ride the bus to school should follow two rules: Obey the driver, and be careful of traffic when entering or leaving the bus. There's always the chance that a driver may not stop when the school bus does.

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HLM:mi
8/3/54

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 16, 1954

Pointers For Buying Children's Clothing

When you buy back-to-school clothes for your growing youngsters, be sure they will allow for growth, are becoming to your child and are easy to care for.

This advice comes from University of Illinois clothing specialist Edna R. Gray, who says elastic waistbands, adjustable suspenders and deep hems are important points to watch for. Make sure, also, that the materials will not shrink, fade or "run" when washed. "The label should tell!"

Separates and the ever-popular jumper are favorites again this year. A blouse or dress underneath the jumper makes it a smart-looking fashion for any little girl.

The washable cotton plaids are always popular and practical. Look for them this year with the crease-resistant finish that makes them so easy to care for. With fall coming before we know it, choose the dark colored cottons. They will be practical until really cold weather arrives.

And don't forget the pretty but practical selection of denims and corduroys. They're fashionable for both boys and girls.

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FOR RELEASE WEEK OF AUGUST 16, 1954

Healthy Children are Better Pupils

Healthy children have the best chance to learn and to adjust socially and emotionally in school.

Miss Pauline Brimhall, health specialist at the University of Illinois, says your child needs a complete physical examination, including a medical and dental check-up before entering school.

In a routine health examination, the doctor will check on height, weight, eyes, ears, nose, throat, lungs, heart and abdomen. He will also give blood and urine tests and other laboratory tests.

Poor eyesight or defective hearing may cause a child great difficulty in the classroom. He might not be able to see the blackboard clearly or to hear and understand what the teacher says. A good check-up will detect any health problems which, if not taken care of, may retard your child's progress and adjustment.

You will want to give your child all the protection he needs for starting school. This includes all the recommended immunization procedures for protecting him against the preventable diseases, such as smallpox, diptheria, whooping cough and tetanus.

More regular attendance and better progress in school are likely if your child has had a good physical check-up and obtained needed medical care. Good nutrition and adequate rest will also help to prevent illness and promote good health, which is one of the major requirements for success.

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MS:sf
7/10/54

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 23, 1954

Select Peaches Carefully

Be particular when you select and store peaches. Then you'll enjoy the peach flavor at its peak whether you eat the fresh fruit, use it in desserts or salads or freeze or can it for later use.

Miss Geraldine Acker, nutrition specialist at the University of Illinois College of Agriculture, says the blush on peaches does not necessarily show maturity. A creamy yellow background color is a better indication that a peach is ripe.

Peaches that are picked before they are mature usually have a dark green background. They will not ripen satisfactorily off the tree. They will lack flavor and will shrivel instead of ripen, Miss Acker says.

Overripe peaches generally have a brownish cast, and the flesh is soft and stringy.

For immediate use, choose peaches that are soft-ripe. But if you want to keep them a while, select firm-ripe fruit. You can store ripe peaches for about a week if you keep them in the coldest part of the refrigerator.

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/17/54

Select Corn Carefully

One of the secrets of serving fresh, juicy corn is to select it carefully!

Norman F. Oebker, vegetable specialist at the University of Illinois, says you can tell a lot about the quality of corn just by looking at the outside. You don't need to rip open every ear.

Oebker says to look for dark green husks that are firmly wrapped around the ear. Corn with yellow or whitish husks is likely to be old. Corn that is fresh has silk that is dark brown and moist, whereas old, poor-quality corn has dry or matted silk that crumbles at the slightest touch.

Some markets feature corn that is packaged or stripped of husks and silk. This makes it even easier to make a good choice. Just look for plump, glossy kernels. Old corn has kernels that look dull and are either flat on top or have dents in the center.

The milk stage makes for best table quality. Make a test with your thumb nail. If a white fluid comes out under slight pressure, the corn is just right.

Keep corn sweet and good in quality when you get it home by giving it a drink, says Oebker. Put it in cold water for 10 or 15 minutes--husk and all. Then, to keep it moist, wrap it in a damp cloth or plastic bag and store it in the coldest part of your refrigerator which is the lowest compartment.

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MS:sf
/17/54

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 30, 1954

Baby Teeth Need Care

When your child is about three years old, he should have all his baby teeth. Begin then to take him to the dentist every six months for a checkup. This advice comes from Miss Pauline Brimhall, health specialist at the University of Illinois.

"Baby" teeth need care as much as the permanent teeth because they serve as a guide for the child's second set of teeth.

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Watch for 6th Year Molars

The most important permanent teeth are the sixth-year molars because they serve as guideposts for all the other permanent teeth.

Miss Pauline Brimhall, University of Illinois health specialist, says these four teeth appear about the time the child is six years old and are often mistaken for baby teeth. Be sure to watch for them, and have the dentist check them carefully as soon as they appear.

Cracks and fissures should be filled before decay starts. Your dentist may frequently X-ray the teeth to make sure there are no defects that are impossible to see otherwise.

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/24/54

Use Peaches for Cool Desserts

Serve cool desserts on hot days. Illinois peaches will help you add variety.

Miss Geraldine Acker, food specialist at the University of Illinois, says there are many ways to use this delicious fruit. And peaches are plentiful at the market now.

Crush some ripe, juicy peaches and add them to your favorite homemade ice cream recipe. For a delicious peach sundae, slice some more peaches to top off your peach ice cream. For a professional look, sprinkle some nuts or crisp sugar-coated cereals on top.

Peach ice cream pie is another hot-weather delight. Use a small sponge cake, one pint of vanilla ice cream and a cup of peaches sliced and sweetened to make this tasty, cool dessert.

Line the bottom of a refrigerator tray with cake slices about 1/4 inch thick. Spread about one cup of ice cream over the cake. Cover with peaches, top with remaining ice cream and put the tray back in the refrigerator.

When frozen firm, the dessert is ready to serve. Cut it into squares and serve with peaches, whipped cream or both.

You can add a new look and extra flavor to many of your routine desserts, such as vanilla or tapioca puddings, gelatin desserts, custards and ice creams, by topping them off with sliced or crushed peaches.

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MS:sf
/24/54

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 6, 1954

Tips on Whipping Eggs

Eggs at room temperature whip quicker and yield a larger volume than those at refrigerator temperature, according to Pearl Z. Janssen, foods specialist at the University of Illinois.

Therefore, let eggs stand in the kitchen for one or two hours before you use them in souffles, angel food cakes or other dishes that call for beaten egg whites.

Mrs. Janssen also reminds you that fat interferes with the whipping of egg whites and may even prevent whipping entirely. Egg yolks contain 31.9 percent fat. Only one drop of egg yolk will reduce the volume of whipped egg white by two-thirds. Therefore wash your beater well if you want to whip egg whites with it after using it for beating the yolk.

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Illinois Elbertas are coming to market in quantity. Select them carefully for home freezing, and prepare them promptly, working with small amounts at one time.

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MS:sf
/31/54

FOR RELEASE WEEK OF SEPTEMBER 6, 1954

Causes and Cures for Gray Nylon Slips

Static electricity and inadequate washing are two causes of grayness in your nylon slips, according to Fern Carl, University of Illinois clothing specialist.

Because the charge of a dust particle is opposite from the charge of nylon, they are attracted to each other. To help prevent this attraction, there are commercial preparations on the market that you can add to the rinse water, or you can use white vinegar.

It's a good idea to wash your nylon slips after each wearing in water that is as warm as your hands can comfortably stand. You can use a synthetic detergent in either soft or hard water; but if you prefer to use soap, use it only in soft or softened water. A mild detergent is all right if you launder the slip after each wearing; if not, you'll be wise to use a stronger one.

Wash your slip thoroughly, but not roughly, by hand or in the machine. If it has a delicate lace trim, you may want to use a mesh bag for machine washing. Rinse it well and roll in a towel before hanging, or else let it drip dry.

You usually don't need to iron nylon slips. If you prefer to do so, be sure to use a very low heat so that the nylon won't melt.

If your slip is quite gray, put a mild bleach in the water. There are special nylon bleaches, if you prefer. If you have to use a stronger bleach, be sure to follow the directions on the container regarding strength of solution and length of soaking time. You will probably need several washing to get the slip perfectly white again.

If the grayness is particularly stubborn, or if you want to hurry the process, you can use color remover made by a commercial dye manufacturer.

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E.B:sf
8/31/54

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 13, 1954

Frozen Melon Adds Variety to Winter Meals

Sweet, golden cantaloupes or juicy, pink watermelons can add variety to your winter dessert if you freeze them now.

Miss Geraldine Acker, food specialist at the University of Illinois, says melons are a family favorite in fruit cocktails, as toppings for desserts or simply for the melon taste during winter time.

Select firm, ripe melons for best freezing results. Remove seeds and rind, and cut melon into small wedges. Pack the fruit into containers, and cover immediately with cooled sugar sirup. Use a 40 percent sirup for cantaloupes and honeydews and a 30 percent sirup for watermelons.

Don't forget to leave a space of 1/2 inch at the top of a pint container and one inch in a quart container to allow for expansion of the fruit during freezing.

For the 40 percent sirup use one cup of sugar to 1 1/4 cup of water, and for the 30 percent sirup use one cup of sugar to two cups of water.

Miss Acker reminds you that you can kill two birds with one stone. Select watermelons with a thick rind and pickle the rind. You will find a recipe for sweet pickled watermelon rind in any reliable cookbook.

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MS:sf
/9/54

Attractive Meals Start Good Food Habits

Start good eating habits in your child early by considering children's tastes for foods and serving them attractively.

Miss Margueritte Briggs, child development specialist at the University of Illinois, says not to coax your child unduly into eating. But give his food the same care you give to a meal you serve to adults.

Children enjoy colorful food and are attracted by food cooked in individual dishes like cup custard. A surprise, like some pieces of fruit at the bottom of the cup, will add a special attraction to the food.

From infancy you can train your child to accept new flavors in food. Introduce only one new food at a time, and start out with a small helping. When you serve the same new food again, increase the portion gradually. Children often have to learn to like new foods by having them served over and over again.

Children like simple foods and those served separately rather than in combinations. Your child might like potatoes and meat separately, for instance, better than hash.

Highly seasoned foods are not good for children, but most children don't like them too well anyway. Most children care little for foods with strong flavors, such as onions, cabbage and turnips. Although your child can learn to like them, it is best to serve only one along with other well-liked foods.

Prepare your child's food so that it is easy to eat with as little adult help as possible. And, above all, be confident that your child will like the food you serve. Your doubts and your own dislikes for certain foods are two things that bring about eating problems.

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for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 20, 1954

Plan a Morning Routine

Aspirin is not a permanent cure for the headache you get from rushing your children off to school.

Miss Margueritte Briggs, child development specialist at the University of Illinois, says planning a morning routine is the only cure.

She suggests setting up a morning schedule and letting it work for you rather than against you. You will find that it works for your children as well as for yourself.

In planning such a time-table, be sure to allow enough time for getting up, dressing and breakfast. Once your plan is es-:ablished, you will find that it becomes more efficient as time goes ›y.

Children should assume certain tasks, such as setting the able, bringing in the milk and making the beds. Knowing what their 'obs are and when to do them will help your family get organized in he morning.

If you are relaxed, your children will feel it and get off o a better start. A child that is pushed out of the door to catch he school bus may be irritated by that time, and the result will be bad day in school.

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FOR RELEASE WEEK OF SEPTEMBER 20, 1954

State Nutrition Conference Scheduled

Members of the Illinois Nutrition Committee have scheduled their annual fall conference for Saturday, September 25, at Eastern Illinois State College, Charleston. "Food First For Fitness" is the theme for the program, and both lay and professional persons interested in promoting better nutrition are invited to attend.

Registration and the showing of recent nutrition films will start at 9:00 o'clock (DST). Dr. R. G. Buzzard, president, EISC, will address the group at 9:30. Two other speakers have been scheduled for the morning session.

Miss Ida Wides, director of the Nutrition Clinic, Michael Reese Hospital, Chicago, will discuss "Family Meals and Theraputic Diets." "The Water Problems of Our State" is the topic selected by J. W. Klassen, chief sanitary engineer, State Department of Public Health.

Dr. Janice M. Smith, professor of nutrition and head, Home Economics Department, University of Illinois, is the first speaker for the afternoon. She will review some of the new developments in the field of nutrition.

Most of the afternoon session will be concerned with plans for Illinois Nutrition Week November 7-13. Miss Gertrude Kaiser, chairman for the week, has invited six Illinois counties to report. Counties reporting are Mason, McDonough, Rock Island, Pope, LaSalle, and McHenry.

Reservations for the Saturday luncheon should be made with Mr. Sadie Morris, Head, Department of Home Economics, EISC, not later than Thurs., Sept. 23. Dr. Morris will make room reservations on campus on request.

Miss Sarah Miner, Chairman of the Illinois Nutrition Committee, has called a meeting of the executive board for Friday evening, September 24, at 8:00 o'clock. The group will meet in the Lounge of the Booth Library.

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JH:sf
9/14/54

for weeklies

Homemaking news

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 27, 1954

Scissors Need Attention

Take care of your scissors and you'll find they will give you better service.

Miss Fern Carl, University of Illinois clothing specialist, says you should keep your scissors clean by wiping dust and lint off the edges with a soft cloth before and after using them.

Always lay them down carefully--never drop them. Put two or three drops of light oil on the joint every 60 days, and if the scissors are not going to be used for some time, put a little oil on the inside of the blades.

Keep your scissors away from moisture and, above all, use scissors that can do the job you want them to do. In other words, if you're cutting heavy material, use heavy scissors. Smaller ones will be ruined if the job is too big for them.

When the blades become dull or rough, take them to be sharpened by someone who knows how to do it.

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AB:sf
/21/54

FOR RELEASE WEEK OF SEPTEMBER 27, 1954

Keep Your Cooky Jar Filled

Homemade cookies are a family favorite as a dessert, a surprise in the lunchbox or an in-between snack with a glass of milk.

Mrs. Barbara McGrath, foods specialist at the University of Illinois, says cookies have a better keeping quality than cakes and are quick and easy to bake. Just use your favorite recipe--the one that always turns out so well--and make a big batch of dough. Divide it into several portions and dress each batch up differently.

Whether you make drop, bar, rolled or refrigerator cookies--there are many ways to vary the basic recipe. Add different flavors to the dough by flavoring it with any kind of chopped dried or candied fruit, chopped nuts or chocolate chip. Or you might add such spice as cinnamon, mace or nutmeg.

Or try to get variety with different frostings and toppings. There are those you can put on cookies before baking and those that you can put on afterwards. From lemon-flavored frostings to coffee-flavored ones, there is a wide array to change the appearance and taste of your basic dough.

Mrs. McGrath says to keep the size and thickness of the cookies on one cooky sheet alike. It will help them to bake more evenly and satisfactorily. If you don't have the time to cut out individual cookies, make cookie bars. Bake the dough in a flat pan, and cut it when still warm into strips or squares. If you use a small pan, you might even bake the cookies at the same time as a casserole dish.

Keep some ice-box or refrigerator dough ready to slice and bake. The dough will keep well for over a week. And fresh cookies will always be a special treat.

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MS:sf
9/21/54

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 4, 1954

Symptoms of Inadequate Wiring

If you have to disconnect one appliance in order to plug in another or if your lights dim noticeably when your appliances are being used, your wiring is not adequate.

Miss Catherine Sullivan, University of Illinois home management specialist, says "octopus" outlets throughout the house and long cords strung around rooms are also indications of inadequate wiring.

Your home no doubt contains many electrical appliances, and unless it is relatively new it was probably not wired to handle all of the equipment you are now using.

That's why those fuses blow out or those circuit breakers trip so frequently. And that's why your appliances, such as iron, toaster and waffle iron, are slow in heating. It's also the reason for poor television reception when the appliances are in use.

Besides being inconvenient, inadequate wiring is a hazard. Why don't you have it checked immediately? Maybe you'll find that your equipment can do a better job when it gets the right amount of electricity.

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AB:sf
/28/54

FOR RELEASE WEEK OF OCTOBER 4, 1954

Flammable Fabrics Now Prohibited

You as a consumer are now protected by a law that prohibits the movement of flammable fabrics in interstate commerce. However, you also need to protect yourself by reading labels and inquiring about the textiles you buy.

This information comes from Miss Florence King, University of Illinois clothing specialist, who says that all ordinary fabrics will burn, but most of them burn rather slowly so that the flame can be easily extinguished. However, the preparation and finishing of a fabric can make it more susceptible or more resistant to ignition.

Therefore, fabric flammability cannot easily be defined, and each fabric ought to be rated on its own merits.

The Flammable Fabrics Act was passed, in June 1953, and it became effective on July 1, 1954. The standard provides methods of testing the flammability of clothing and textiles intended to be used for clothing and sets forth the requirements that textiles must meet in order to be classified.

It does not apply to hats, gloves and footwear. Nor does it apply to interlining fabrics, for they are not considered dangerously flammable when used as interlinings. Consumers should realize, when they buy these fabrics for other purposes, that they have not been tested and rated as other fabrics have.

The next time you buy yard goods or clothing, look for the label. Make sure the exposed parts are within the limits of the new law.

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/28/54

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 11, 1954

Take Pre-Sale Inventory at Home

Before you take advantage of the houseware sales now beginning in various communities, take an inventory of your own cupboards and drawers.

Miss Virginia Guthrie, member of the University of Illinois home management staff, says to get rid of equipment you don't use and put the things you use often in places you can easily reach.

What you buy will depend not only on your needs, but on your amount of storage space, your pocketbook and your methods of food preparation.

But don't buy equipment just for the sake of having it. Buy only the items that you really need and that will make your work easier.

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FOR RELEASE WEEK OF OCTOBER 11, 1954

Extension Workers to Attend Conference

Workshops in child development, clothing, family economics, home furnishings and foods and nutrition are only a few of the activities planned for home economics extension workers at their annual fall conference October 19-22 on the campus of the University of Illinois, Urbana.

While the men listen to talks on irrigation, tractor maintenance and brucellosis, the women will hear talks on such subjects as "What the New Home Economics Building Means to the Homes of Illinois" and "A Calendar for Program Planning."

Joint sessions for both agricultural and home economics workers will also be held. The main speaker at one of these sessions will be Clarence M. Ferguson, administrator, Extension Service, United States Department of Agriculture. A symposium on "The Responsibility of the Land-Grant College to the People of Illinois" will be held, with R. R. Hudelson, dean emeritus of the College of Agriculture, as moderator.

Other joint sessions will feature discussions of camping problems, human relations, working together on county programs, and policies and procedures of the extension service.

The conference is designed to help all county and state extension workers keep in touch with work done at the University and new trends in administration.

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10/5/54

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 18, 1954

Points to Check When Buying Hosiery

When you buy nylon stockings, check the width of the double-yarn thickness, or plaiting, on the sole, heel and toe.

This plaiting should be wide enough to protect the stocking from rough shoes and to give extra comfort to the foot, according to Miss Florence King, clothing specialist at the University of Illinois. However with dressy, open shoes, you may prefer hose with little plaiting.

Miss King suggests that you also check the heels to see that they turn squarely for a good fit. The heel of a stocking is formed in the knitting process by dropping stitches to change the direction of the wales. These dropped stitches come at different places in the heel and do not always make the stocking fit perfectly.

Also check the proportion lengthwise. It is important for the greatest return in comfort and wear.

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AB:sf
0/11/54

FOR RELEASE WEEK OF OCTOBER 18, 1954

Your Vacuum Cleaner Must Be Clean

If you want your vacuum cleaner to do an efficient job, be sure to keep the bag clean.

That advice comes from Miss Catherine Sullivan, University of Illinois home management specialist, who says that dust and dirt clog air spaces in the bag, preventing the flow of air through it and therefore cutting down suction.

Without suction your vacuum cleaner won't be able to take the dirt out of the rug, upholstery and other articles.

ZAB:sf -30-

Dynel Needs Special Care

If you send a garment made wholly or partly of Dynel to your dry cleaner, be sure to tell him what the fabric is or, better yet, show him the label from the garment or the yard goods.

That's the advice of Miss Edna R. Gray, University of Illinois clothing specialist, who says that Dynel needs special handling. Your cleaner knows how to clean it, but he doesn't have a fair chance if it is not labeled, because so many fibers look alike.

It is important that he know the material is Dynel, because it will shrink and stiffen at rather low temperatures and the original size and texture cannot be restored.

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for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 25, 1954

Ground Broken for Home Economics Building

The hope for a new home economics building on the campus of the University of Illinois became a reality at the ground-breaking ceremony October 19. The first shovelful of dirt was turned by Dean Emeritus Robert R. Hudelson.

Dr. Janice M. Smith, head, department of home economics, presided at the ceremony. Guests who made brief remarks included Mrs. Frances Watkins and Mrs. Doris Holt, representing the University Board of Trustees; President Lloyd Morey; Louis B. Howard, dean of the College of Agriculture; Miss Jean Dinsdale, president of the home economics club; Honorable Hazel A. McCaskrin and Honorable Maud N. Peffers, members of the 68th General Assembly, who introduced bills for a home economics building; Honorable Everett R. Peters, District 24 Senator; Mrs. John Clifton, past president, Illinois Home Bureau Federation; Mrs. Milton Vaupel, president, IHBF; Miss Jean Kinzler, representing the Illinois Agricultural Association, and Dean Hudelson.

The speakers expressed appreciation to the women of the state, present and former members of the home economics staff, and state administrators for the help they gave in making the dream a reality. Dean Hudelson dedicated the site to American homes, particularly those in Illinois.

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ZAB:sf
10/20/54

FOR RELEASE WEEK OF OCTOBER 25, 1954

Tips for Buying Hosiery

You've probably seen the new stretchable nylon hose that fit any size of foot. There's no denier or gauge to select. The only thing you need to know is whether the wearer is short, medium or tall.

However, because these hose are slightly higher in price, you may also want to buy some of the regular type. This means determining the best denier and gauge to suit your purpose.

Miss Myra Baker, clothing specialist at the University of Illinois, gives the following information to help you decide what type to buy.

First of all, she points out that gauge refers to the number of stitches in $1\frac{1}{2}$ inches on a hosiery knitting bar. The higher the gauge number, the finer the construction. Denier refers to the weight of the yarn; the lower the number, the finer the thread.

You can easily see the importance of the denier to gauge ratio. The finer the thread is, the more stitches there should be to give the hose elasticity.

For instance, 10 denier should be combined with at least 72 gauge to be satisfactory. Thirty denier could be combined with 51 gauge, because the greater yarn strength will make up for the loss of elasticity.

If you need that extra "give" in your stockings, you'll find the higher gauge hose more satisfactory because of their greater stretch-ability.

When you buy, remember this motto: "The lower the denier, the higher the gauge."

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ZAB:sf
10/20/54

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 1, 1954

Some Appliances Need Special Circuits

If you are planning to add a large appliance to your list of possessions, make sure that the additional demand on your electric service is not going to exceed its capacity.

Certain appliances, such as the range, water heater, 220-volt clothes dryer and some air conditioning units, must have individual circuits.

Miss Catherine M. Sullivan, University of Illinois home management specialist, points out that it is often desirable, but not necessary, to have individual circuits for your dishwasher—waste disposal, freezer and automatic washer.

So before you buy, check the manufacturer's recommendations for installation. There may be some additional expense you hadn't counted on--that of running a new electric line to your home.

Some heating units and cooling fans also need their own circuits. Convenience outlets in a workshop or at a work bench should also be separate if heavy power equipment is to be used.

An individual circuit rarely becomes overloaded because no other equipment is used on it; therefore it is considered quite dependable. Make sure your home is adequately wired for the equipment you own or plan to buy.

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B:sf
/26/54

FOR RELEASE WEEK OF NOVEMBER 1, 1954

Hazard Removed From Storm Window Routine

Here's a new idea that takes most of the hazard out of the semiannual routine of putting up and taking down storm windows. It was sent to the University of Illinois by Rev. W. Harvey Young, Thawville, Illinois. He and Mrs. Young work as partners in the project.

Mr. Young put a heavy screw hook in the middle of each upper window frame and a heavy screw eye in the middle of each upper storm window sash. Then he attached a short hook to the end of a 3/8-inch rope that is long enough to reach to the top of the window and back to the ground.

To put up a window, Mr. Young climbs the ladder which he has put beside the window and puts the rope over the hook in the middle of the upper window frame. Then he drops the hook on the end of the rope to Mrs. Young, who hooks it to the screw eye on the storm window.

She holds the other end of the rope tight while her husband lifts the storm window by the rope until he can easily reach it with his hands. When the window is high enough, it drops easily into place on its hangers. Mr. Young closes the window and unhooks the rope.

When it comes to taking the window down, he uses the same method. Mr. Young says, "We have found that this takes practically all of the hazard out of the storm window business."

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LB:sf
10/26/54

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 8, 1954

There Is No One "Cure-all" Food

There is no one "cure-all" food, says a University of Illinois health education specialist.

Miss Pauline Brimhall says today's homemaker is food conscious. She knows better than to fall for the fancy names food quacks give to what they call "cure-all" diets. But sometimes it takes sound judgment to discover quacks, who twist scientific findings in the field of nutrition and dietetics to their own advantage.

Reducing diets are one food fad you can always find in some form or other. Slender figures are fashionable, and life insurance figures show that overweight people tend to die younger than those of normal weight. But most quick reducing diets are likely to starve the body because they supply only a small part of the needed calories, minerals and vitamins.

Fads and notions which claim that you can reduce without carefully considering what you eat, which claim rapid loss of weight or which promise everlasting youth, beauty or health are not new. They will come up time and again because people will always try to find an easier way to take off weight.

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FOR RELEASE WEEK OF NOVEMBER 8, 1954

There Is No One "Cure-all" Food - 2

Miss Brimhall says knowing more about foods and your body will make it easier for you to decide between science and quackery. If you want to reduce, do it under a doctor's care because many reducing fads have wrecked health far more than being overweight.

For good nutrition, eat a variety of foods and three well-balanced meals a day. This is also the basis of a sound reducing diet.

One of the goals of Illinois Nutrition Week, from November 6 through 13, is to dig out the facts and to separate them from fads and fancies, to help us rate ourselves on our own food habits.

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AMS:sf
11/2/54

FOR RELEASE WEEK OF NOVEMBER 8, 1954

Everyone Needs Good Breakfast

Every member of your family should eat a breakfast that will provide one-fourth to one-third of his daily food needs. When you're preparing breakfast, keep the basic breakfast pattern in mind.

This pattern, consisting of fruit in some form, cereal or bread and a beverage, such as coffee, plus milk, did not develop just by chance, according to Mrs. Barbara McGrath, University of Illinois nutrition specialist. Each of these foods serves a specific purpose, and the basic pattern can be easily varied at any time with such protein-rich foods as eggs, meat, cheese and fish.

Fruits supply vitamins which the body needs every day. Breads and cereals provide energy, along with some vitamins and minerals. When they are combined with milk, they also provide proteins.

Milk, eggs, meat and other protein-rich foods that contain some fat give a strong feeling of well being. Some of these foods "stick to the ribs" a little longer, too.

Milk is a good source of calcium and phosphorus. One advantage of including cereals in the breakfast pattern is that most people put milk or cream on them and in this way get more milk than their breakfast might otherwise supply.

Traditional breakfast foods in the United States are plentiful--enough to serve a different menu every morning of the year. Don't get into the rut of serving the same thing day after day. You can tempt your family into eating breakfast by providing lots of variety.

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ZAB:sf

FOR RELEASE WEEK OF NOVEMBER 8, 1954

Serve Eggs Often

Eggs are a good source of high-quality protein, iron and Vitamin A, and they also contain some riboflavin, says Miss Geraldine Acker, foods specialist at the University of Illinois.

Since eggs are still plentiful and reasonably priced, serve them often "as eggs" or "hidden" in cooking. Everybody in you family needs at least one egg a day.

AMS:sf -30-

Put Nutrition Into School Lunch

It's important to give your child an attractive and well balanced lunch. If sandwiches are generally the main bill of fare in his lunch box, there are ways of making them nutritionally balanced and attractive.

Miss Acker, foods specialist at the University of Illinois, says to make sure you include a protein-rich sandwich in the lunch box. Some good protein sandwich fillings are cheese, meat and peanut butter.

Pack a bag of vitamins and minerals, too, such as carrot sticks, celery or other relishes that have been chilled in the refrigerator overnight. In the morning, wrap them in a leaf of lettuce, sprinkle with a little bit of water and wrap in waxed paper.

If your youngster finds some fruit and cookies to finish off his lunch, it will complete the menu and make him well satisfied.

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AMS:sf
11/2/54

FOR RELEASE WEEK OF NOVEMBER 8, 1954

Governor Proclaims Illinois Nutrition Week

November 7-13 has been proclaimed Illinois Nutrition Week by Governor William J. Stratton. "Food First for Fitness" has been selected as the theme.

Throughout the week Illinois folk will be talking nutrition with their friends and neighbors, digging out the facts, separating them from the fads and taking stock of their own personal food habits.

For the second year the week is co-sponsored by the Illinois Nutrition Committee and the Chicago Nutrition Association. The Illinois State Department of Public Health, Illinois Dental and Medical Associations, Illinois Tuberculosis Association, Illinois Home Bureau Federation, Illinois Federation of Women's Clubs, Illinois Agricultural Association, University of Illinois Extension Service and Illinois Public Library are a few of the organizations cooperating to make the week a success.

The program throughout the state is keyed to community action. Several months ago every county in the state appointed its steering committee, namely, a home economics teacher, a public health representative and the home adviser. The county committee in turn appointed local committees. These committees were directed to study the needs in their community, take stock of facilities and start the ball rolling.

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FOR RELEASE WEEK OF NOVEMBER 8, 1954

Governor Proclaims Illinois Nutrition Week - 2

Word has been received that a number of schools are preparing posters and planning special assembly programs. Two counties have reported that teams of high school students are being trained to give nutrition talks at other schools in the county, including all rural schools.

Home bureau units and PTA groups are observing the occasion in many communities. Women's clubs and civic organizations are scheduling special speakers. Local merchants are displaying school posters and arranging special exhibits calling attention to the week and its importance.

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JEH:sf
11/2/54

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 15, 1954

Match Plaids When Sewing

When you make a garment of plaid fabric, be sure to match the plaids at all skirt and bodice seams and at the waistline and top part of the sleeve at the armscye.

Plan all the matching before you start to lay out the pattern on the material, says Miss Ritta Whitesel, University of Illinois clothing specialist.

To do it quickly, start by pinning the bodice front on the fabric where you want the plaid to fall. Then take a piece of tracing or tissue paper and place over the side seam covering the notch. Trace the notch and the plaid lines that pass through and around it.

Then fit this piece of tracing paper over the back of the bodice and fasten it to the pattern. Move the pattern around over the material until the lines of the plaid on the tracing paper match those of the fabric, and pin the pattern in place.

Trace the notches of the armhole and the plaid lines in the same way, and use this tracing on the sleeve notches when laying out the sleeve pattern. Proceed in the same way for notches in other parts of the pattern that are to be matched.

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ZAB:sf
11/9/54

Serve a Meal From the Freezer

Be ready for guests--keep frozen main dishes in your freezer!

Miss Geraldine Acker, foods specialist at the University of Illinois, says constant research has helped to develop specific rules for successful freezing of foods. Here are some hints that will make you proud of the food when you are ready to serve it!

When you prepare vegetables and macaroni for freezing, leave them slightly underdone and they won't get so soft when reheated. It will also keep them from having a warmed-over taste.

Use only medium-thin gravies and sauces in your frozen foods, because gravies and sauces tend to thicken in the freezer. If you can get waxy rice flour or waxy corn flour, use it for thickening.

Crumb or cheese toppings are added most successfully just before the food is reheated for serving.

As to pie and pastry crusts, Miss Acker says, it has been found that they are flakier and have a fresher flavor when frozen unbaked rather than baked and then frozen.

Quick cooling of food right after it has been cooked retards or prevents the growth of bacteria that may cause spoilage and helps to keep the natural flavor, color and texture of the food. Use containers with wide top openings when you package food to be frozen so that you will not have to thaw the food completely to remove it from the container.

Miss Acker says food will lose some of its quality after two or three months of freezer storage. For top quality, use it before it has been stored too long. After six months, storage quality often declines rapidly, but the food is still safe to eat.

When you are ready to serve a meal, you can reheat frozen food in either a double boiler or a saucepan. Although heating in a saucepan is faster, you may lose some of the quality. Food heated over direct heat has to be stirred often and therefore might lose some of its texture.

Use a double boiler if you have enough time. And start with warm water so that the thawing food won't stick to the pan.

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AMS:sf
11/9/54

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 22, 1954

Efficiency Counts During Holidays

Holiday cooking and baking will no doubt be taking up much of your time and energy now that the year's biggest holidays are rapidly approaching.

To save some of that time and energy, think carefully about where your supplies are stored, says Miss Virginia Guthrie, member of the University of Illinois home management staff. Be sure that each piece of equipment and every ingredient in your kitchen is stored where it is first used.

Your flour sifter needs to be in the mixing center, not near the stove. Your soap powder or detergent needs to be stored near the sink, not in the mixing center. However, you may find that you'll want some things in two or more places.

For instance, you might need the salt at the stove just as often as you need it in the mixing center. And you may want to have a tray at the mixing center on which to assemble your ingredients, one at the sink on which to stack the dirty dishes and still another near the stove to use in carrying hot foods to the table.

Analyze your work procedures and your storage facilities before the annual rush is on. Try to find ways of improving your efficiency in the kitchen. If you do, you'll find that you'll be less tired and more able to enjoy the holiday season.

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FOR RELEASE WEEK OF NOVEMBER 22, 1954

Suggestions for Making Fruit Cakes

With only a few more weeks until Christmas, it's time to get the fruit cake stored. Even the best of fruit cakes will be better when they are left to mellow.

Mrs. Pearl Z. Janssen, food specialist at the University of Illinois says fruit cakes can be either light or dark. Some are expensive, others are less expensive. However, they all follow certain basic rules. And here are some of them:

If you are pressed for time, you might want to use one of the candied fruit mixes on the market instead of buying various candied fruit and cutting the pieces yourself. The size of the pieces is largely a matter of personal preference. However, if you cut the ingredients into small pieces, it may be easier to slice the cake.

Cooking time is long for fruit cakes, but you can shorten it to about one third by using your pressure cooker. Small fruit cakes that require 3 to 3 1/2 hours to bake can be cooked in a pressure saucepan in 1 to 1 1/2 hours.

Be sure to line your pan with waxed paper. Almost any metal container will do for baking fruit cake. Some people like to use coffee cans. Fill the containers about two-thirds full of batter, and cover them by tying several layers of waxed paper or a single layer of aluminum foil over the top.

Put about two cups of water into the pressure saucepan to be sure it doesn't go dry. Place the baking pan on a rack in the

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saucepan, and adjust the cover. Let the cake cook without pressure for 15 minutes. Then put on the weight and cook at 15 pounds' pressure for about one third of the regular baking time. This preliminary steaming allows the cake to rise. If pressure were immediately applied, it would be necessary to increase the baking powder or soda.

After the cake has baked remove the pressure cooker from the heat, and let the pressure go down before opening the saucepan. Remove the paper from the top of the pan, and set it in a slow oven (250° F.) for about one-half hour to dry the surface.

On removing the cakes from the oven, cool them without removing the lining paper. When they are cool, wrap them in waxed paper and store in a tightly covered container in a cool place.

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11/17/54

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 29, 1954

Christmas Stockings Easy to Make

You can easily make colorful Christmas stockings to hang on the mantel this year or to give as gifts. All you need for a stocking is one-fourth yard of felt, oilcloth or other material, and some scraps you probably have around the house. You can add that gay, festive look by sewing sequins and beads on it.

Children like these gay "Large Size" stockings better than their own tiny ones--especially when big brother hangs his size 11 beside theirs. So why not make stockings the same size for the whole family? It will be almost as much fun hanging them up as taking them down to see what Santa brought.

If you would like directions for making three different stockings, send a post card or letter to 206 Bevier Hall, University of Illinois, Urbana, Illinois. They will be sent to you free of charge.

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FOR RELEASE WEEK OF NOVEMBER 29, 1954

Fruit Cakes Are a Personal Gift

Fruit cakes make a very personal and enjoyable Christmas gift. The homemade kind is always something special!

Mrs. Barbara McGrath, foods specialist at the University of Illinois, says to make an extra large batch when you are making your traditional fruit cake batter and fill some small metal containers to be used as gifts. Some people like to use coffee cans others prefer square or rectangular containers because they are easier to wrap, especially for mailing.

To make a gift that will attract attention and comment, bake the fruit cake in candied grapefruit shells. Fill the candied shells full of the batter, heaping it up slightly. Wrap a strip of unglazed wrapping paper or cooking parchment around the edge to help hold the shell in shape and prevent the cake from running over; tie it firmly but not tightly with twine.

Place the cakes on racks in a covered roasting pan containing about 1/4 inch of water. Bake in a very slow oven (250° F.) for about 1 1/4 hours. Then transfer to a baking sheet and continue baking in the same slow oven for another 30 minutes. Remove from oven and cool.

Always store fruit cakes in tightly covered containers in a cool place. Aging will improve any fruit cake and help to make it more mellow.

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Fruit Cakes Are a Personal Gift - 2

When you are ready to wrap the cakes to send or give away, decorate them with blanched almonds, glazed red or green cherries, citron leaves or angelica. The decoration should be suitable to the shape of the cake. Keep the pieces small, especially in decorating smaller cakes. A wreath-type decoration, for instance, would be pretty on a round cake; a tree decoration, on the other hand, would be attractive on a square cake.

Pour some warm syrup over the cake after it is decorated, and let it stand for several hours or until the glaze is set.

For gifts, wrap the cakes in moisture-proof cellophane and fasten with Scotch tape. If you store them after they are decorated, be sure the cover does not touch the fruits or other trimmings.

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11/24/54

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 6, 1954

Decorate Tree Now--Plant Later

If you want a tree for your backyard, you can buy a live one to use as your Christmas tree in the house and then plant it after the holidays.

If you plan to do this, W. F. Bulkley, University of Illinois forestry specialist, says to buy a balled-and burlapped tree. It could be a fir, blue spruce or juniper, but one about three or four feet high is large enough to handle.

When you set up the tree in the house, put the ball of earth inside a tub or container large enough to hold it and leave some space between the container and the ball. Fill the space with leaves. Leave the burlap attached to the ball, to hold the soil on the roots.

Apply water daily so that there will be plenty of moisture to filter down. As long as the roots do not dry out, the tree should grow successfully after planting.

When you plant the tree after the holidays, be sure to mulch it well with leaves or ground corncobs. The mulch should be four inches deep and extend six to twelve inches beyond the branches. If the ground is frozen, you may need to get some unfrozen soil to fill in around the ball before planting or cover it with leaves or ground cobs until you can plant it.

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FOR RELEASE WEEK OF DECEMBER 6, 1954

Organize Holiday Activities

Now is the time to start thinking about organizing your home during the holidays--if there is such a thing. And a number of the University of Illinois home management staff believes there is.

Miss Margaret Goodyear has some suggestions for making your plans work effectively as the holiday rush bears down upon you.

First of all, try to find a convenient place where you can leave your Christmas cards, envelopes, pen, ink and stamps. Then when you have a few minutes you can sit down and write some Christmas notes. A corner in the kitchen is ideal because you can address a few cards while waiting for food to cook.

Next try to set up a table where you can wrap your gifts. Again, choose a place where your materials will be handy. A den, utility room or other spot that is convenient but out of the way is a good place. If your wrapping paper, ribbons and enclosure cards are all near by, you'll be able to wrap a gift or two in spare minutes. Try wrapping when you need a little rest or while you're listening to that favorite radio program. The first thing you know, your gifts will be ready, and you won't have to set aside a whole evening for just that purpose.

Miss Goodyear suggests that you try this procedure with other holiday activities, too. Remember, plan first. Then organize your materials. And you'll be able to take advantage of spare minutes.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 13, 1954

Hot Fudge Sauce Gives Holiday Flavor

Chocolate has a special place during the Christmas season. One of its popular variations is hot fudge sauce.

Mrs. Pearl Z. Janssen, foods specialist at the University of Illinois, gives this easy-to-make recipe. Make the sauce in quantity, store it and use to dress up holiday desserts.

Hot Fudge Sauce

1 1/2 cups evaporated milk	1/4 cup butter
2 cups sugar	1 teaspoon vanilla
4 ounces (squares) unsweetened chocolate	1/2 teaspoon salt

Heat milk and sugar to boiling point, and boil hard for one minute while stirring. Then add the uncut chocolate and continue to stir and heat until the chocolate is melted. Remove mixture from heat and beat with a rotary beater until smooth. Add butter, vanilla, and salt; mix well and cool.

When ready to serve the sauce, reheat it over very slow heat with stirring, or in the top of a double boiler. This hot, thick chocolate sauce is delicious on ice cream, or a plain cake. It is especially good on peppermint stick ice cream.

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FOR RELEASE WEEK OF DECEMBER 13, 1954

Aprons Go Glamorous

Aprons show a flare for glamor this year, according to a University of Illinois clothing specialist.

Miss Myra Baker says that, although many of the aprons designed for holiday use are not the most practical, they add a charming festive note to the outfit of any hostess.

Gay little party aprons are fashioned in white felt with a large red felt rose on the pocket, and rosebuds with green felt stem and leaves. The rose is touched with rhinestones, and the apron is sashed with balck velvet.

One apron features two layers of black nylon tulle edged in scallops and banded in pink velvet ribbon. The top layer of tulle is flocked in pink and blue dots and accented with a small pink velvet bow.

Another apron is simply two thicknesses of nylon net gathered onto a wide band of velvet ribbon, with little bows of narrower ribbon scattered between the two layers of net. Sequins or rhinestones could be added to give that sparkling touch.

A bib apron repeats the fall and winter fashion theme of the sailor collar. Made of black taffetized cotton with multicolor dots, the bib has a sailor collar in front and back.

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FOR RELEASE WEEK OF DECEMBER 13, 1954

Nuts Make Good Christmas Tidbits

Glazed, salted, spiced and minted nuts make a favorite Christmas goodie for your family to nibble on during holidays.

Mrs. Pearl Z. Janssen, foods specialist at the University of Illinois, suggests that you make your own now that nuts are expected to be lower in price because of the unusually good crop.

Mrs. Janssen says you can take a shortcut in making salted nuts by using your oven rather than the top of the stove. Bleach almonds and peanuts before salting. Wash and drain and then spread the moist nuts in a single layer on a baking sheet or in a shallow pan. Sprinkle them evenly with salt, allowing about two teaspoons of salt to one pound of shelled nuts. Then bake the nuts for about 20 minutes or until they are a delicate brown in a moderate (350° F.) oven. Stir occasionally to assure even heating and browning. As soon as the nuts have cooled, they will be crisp.

Spiced almonds can also be made easily and quickly in the oven. Coat unblanched almonds with egg white. Then roll them in a mixture of sugar and cinnamon, using one tablespoon of cinnamon to one-half cup of sugar. Spread on a baking sheet, and bake in a slow oven (300° F.) for about 30 minutes.

Other variations are the popular orange pecans and minted nuts. To prepare them, place fondant in a bowl over boiling water. Add a few drops of water and heat, while stirring, until the fondant is melted and hot. Remove the bowl from heat, and add grated orange rind for orange pecans or a couple of drops of oil of peppermint for the minted nuts. Beat the mixture until it starts to thicken. Add enough nuts to use all of the fondant to coat the nuts. Then spread the coated nuts on waxed paper, separate them and let them dry.

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FOR RELEASE WEEK OF DECEMBER 13, 1954

Buy Toys to Please the Child

A youngster who is too young to handle the switches on an electric train soon gets bored just watching Dad have all the fun.

Dr. J. Richard Suchman, child development specialist at the University of Illinois, says it's important to select toys for children that are right for their age.

As a child grows, his ability to do things changes and his enjoyment of toys varies. His age will help you decide what he can do, what he likes to do and what he can learn.

Dr. Suchman offers these suggestions about the development of the preschooler in relation to toy selection:

A baby in his first three months learns eye control and begins to recognize sounds and learn hand and eye coordination. Bright, dangling, close-by toys, preferably those that make noise, will be a wise choice.

From three months to one year, the child is interested in handling and banging things. He likes to explore the shape, size, weight and texture of his toys and to imitate. He begins to find out that there are more objects than one. For this age such toys as small blocks, preferably made of rubber, cuddly animals, containers, teething devices and water toys will be best.

The one-to-three-year-old is learning to walk. He is starting to take an interest in pictures and stories and is learning how to handle his toys. He is becoming interested in machines

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and people. Push-and-pull toys, manipulation and transportation toys, puzzles and books, dolls and accessories will satisfy his needs and help him to develop.

When your child is three to five years old, skillful and creative manipulation, body coordination, social play, dramatic play and creative arts are an important part of his daily life. He will like large blocks, puzzles and pegboards, tools and construction sets, such as logs, plastic bricks and tinker toys. A tricycle, swing or wagon will delight him. Doctor or nurse sets, costumes and uniforms will keep him absorbed for hours. Painting and drawing sets, modeling clay and rhythm instruments will make him happy.

These points should make your toy shopping easier. But, before you buy it, check to see whether it's safe, durable and versatile.

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12/8/54

for weeklies

Homemaking news

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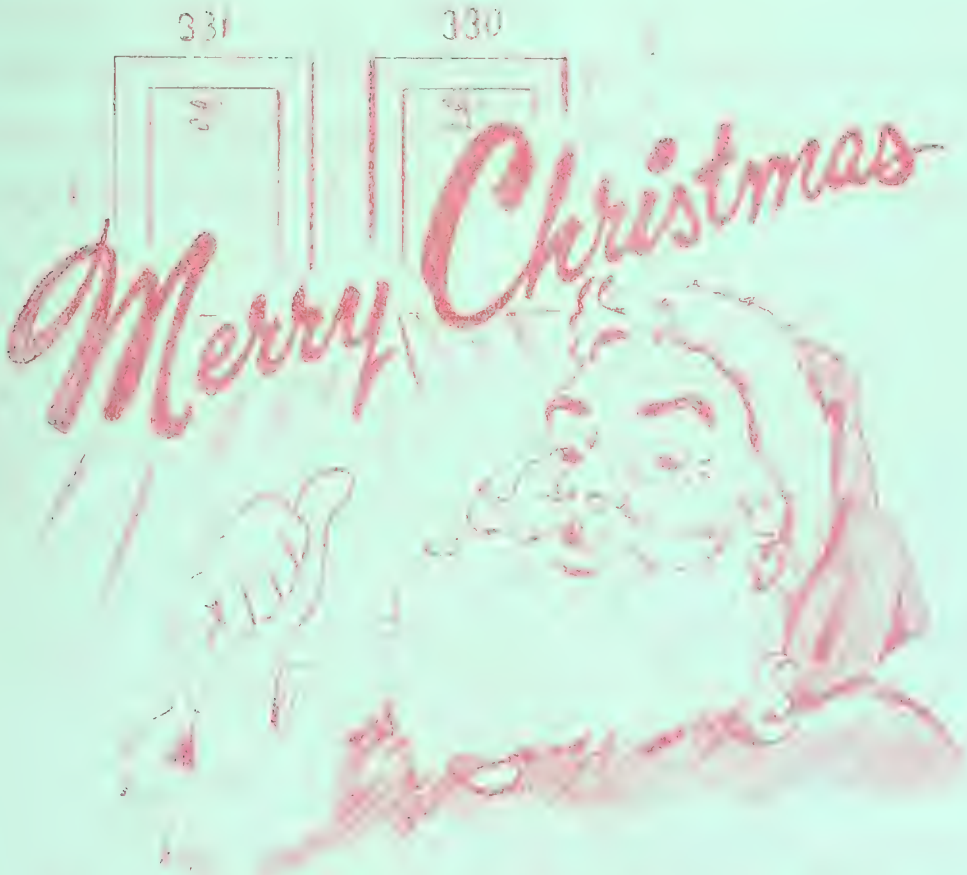

from EXTENSION EDITORS

FOR RELEASE WEEK OF DECEMBER 20, 1954

Cottage Cheese Good During Holidays

Use cottage cheese in your holiday entertaining.

Miss Geraldine Acker, foods specialist at the University of Illinois, says cottage cheese goes well with many different foods and seasonings, and you can use it in the menu at any time of the day. Because it is quick and easy to use, it will be especially handy in the holiday rush.

Mixed with chives or horseradish, cottage cheese makes a good garnish or accompaniment for cold meats. You can probably think of many other ingredients to mix with the cheese to add variety to its taste.

In salads, cottage cheese can be stuffed into tomatoes, green peppers or prunes, used as a filling for a center of a gelatin ring mold and added to a fruit salad dressing. It is refreshing when used with crushed pineapple, cabbage, celery or apples, and for a special treat you can roll cottage cheese balls in nuts and serve them as canapes or with such fruits as pears, peaches or prunes.

There are many uses for cottage cheese in desserts, such as cheese cake, chiffon or cheese custard pie, on gingerbread, in custards and as topping for one-crust berry pies.

And when serving between-meal snacks, don't forget the delicious cottage cheese dips to serve with bread, crackers or potato chips which are always so popular. There are many different ingredients and flavors you can add to the sieved cottage cheese. Try adding chopped chives, parsley or pepper, onion or garlic juice, celery, chopped pickles or other pickles. For a sweeter taste add berry jam, use chopped nuts, raisins, figs or dates. There are many more possibilities to give these cheese dips a different look. Check your pantry and use your taste. Surprise your guests and your family with new cottage cheese dishes from breakfast to dinner.

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FOR RELEASE WEEK OF DECEMBER 20, 1954

Freeze Turkey Leftovers for Quick Holiday Meals

If during the holidays you and your family have had your fill of turkey, why not use the leftovers to make frozen turkey a la king?

Miss Geraldine Acker, foods specialist at the University of Illinois, says you can heat a pint-sized block of frozen turkey a la king in about 45 minutes without waiting for it to thaw first. It therefore makes an easy-to-prepare meal during the holiday rush or when unexpected guests arrive.

Miss Acker says the University of Illinois used a fairly rich recipe when it tested recipes for turkey (chicken) a la king and got very good results. She recommends this tested recipe:

Melt 1/4 cup of butter in the top of a double boiler over direct heat at first instead of over water. Add half a green pepper cut in strips and a four-ounce can of mushrooms. Cover the saucepan and let simmer for about five minutes. Lift the cut pepper and mushrooms out of the fat and blend 1/3 cup of flour with the fat. Slowly add 2 cups of coffee cream or evaporated milk, 2 cups of turkey or chicken broth and salt and pepper to taste. Stir constantly until the sauce thickens. Add half a pimento cut into strips and 3 cups of diced cold turkey. Place the pan over boiling water, cover and cook until thoroughly heated.

Then cool quickly (by placing the cooking pan in either a large pan of ice water or a pan of running water) to room temperature before packaging. Stir occasionally to hurry up the cooling.

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Freeze Turkey Leftovers for Quick Holiday Meals - 2

When the food is cold enough to be packaged, put it into containers. Because it packs solidly and will expand during freezing, Miss Acker says to leave about 1/2 inch at the top of a pint container. For best results, freeze it immediately.

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Brighten Wardrobe for Holidays

You can add that "holiday look" to many of the clothes in your wardrobe, says a University of Illinois clothing specialist.

Even though you may want a new outfit, Miss Myra Baker says to see how you can give a gay, festive look to the clothes you already have before you buy new ones.

For instance, a satin belt with rhinestone, pearl or sequin decorations in a tick-tack-toe pattern will brighten last year's wool jersey. Or a chiffon scarf painted with Christmas cherubs will add a gay touch to a neckline.

A new collar for the basic dress may do the needed "trick." Large ones trimmed with ball fringe will get special attention. Fur collars and cuffs, as well as fur belts, are still on the popularity list this year.

Ribbons, bells, holly, cones and other decorations can be made into festive corsages to be worn with almost any outfit. Use your imagination, and you'll be wearing last year's clothes with a new spirit this year.

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12/14/54

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 27, 1954

Experiment With New Equipment

What are you doing with the new equipment that was under your Christmas tree? Now that you have read all the directions for using and taking care of it, experiment with the various ways of fitting it into your homemaking procedures.

Every piece of equipment from a washer to a waffle iron will cause some change in the way you've been doing things. A little thought and practice on your part can add much to the pleasure your equipment will give you.

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Exchange Gifts Promptly

Be sure to exchange Christmas gifts that don't fit, or that you can't use, just as soon as possible. The longer they are off the market, the greater the loss to the merchant. This results in higher prices for you, the consumer, because prices must take care of losses caused by careless buying and late returns. Remember, too, that merchandise put on sale after Christmas cannot be returned for full credit, so you'll want to exchange things before the sales.

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FOR RELEASE WEEK OF DECEMBER 27, 1954

Enjoy Your Own Party

If you have the gang in for New Year's, plan your refreshments ahead so that you too can enjoy the party.

Mrs. Barbara McGrath, foods specialist at the University of Illinois, says rolled sandwiches can be kept in the refrigerator for days or in the freezer for even weeks, So why not make them when the Christmas rush has quieted down?

Here are some points from Mrs. McGrath to help you make the sandwiches a success:

Remove the crusts from a fresh, fine-grained loaf of unsliced bread and cut it lengthwise into thin slices. You'll find it easier to roll the slices if you put them on a damp cloth before spreading with filling.

Use your own favorite recipes to make plain creamed butter, savory butter or meat and cheese paste fillings.

This is a good chance for you to use leftovers from Christmas, such as ham or turkey.

Make sure the filling is spread evenly and comes all the way to the edges of the slice. Roll the slice tightly into a cylinder like a jelly roll, and fasten with a toothpick. If you place four stuffed olives end to end across the end of the slice and roll the bread over the olives, you will find it easier to roll tightly.

To store, wrap the bread roll tightly in waxed paper or aluminum foil. And when you are ready to serve it, be sure to use a sharp knife to slice it.

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Relishes, such as radish roses, carrot curls and celery sticks stuffed with a filling, can also be prepared ahead of time. They will make the sandwich platter look more colorful and attractive.

For those who don't want a sandwich, but just a taste teaser, have some wedges of aged cheese on picks or a ball of zesty cheese rolled in chopped nuts. Or watch them go for a cube of cervelat topped with a pickled onion or half a stuffed olive partly covered with liver sausage.

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UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 10, 1955

Consider Weight, Quality, and Price of Eggs

When you buy eggs, you'll be wise to study the information on the carton. Then you'll know what you can expect to find inside.

James Roush, egg marketing specialist at the University of Illinois, says grade and size are two important factors to consider when comparing the prices of eggs.

Grade is determined by the quality of the egg and is indicated by letters. Grade AA and Grade A eggs are top-quality. They have a large proportion of thick white, which stands up well around a firm, high yolk. Because they are delicate in flavor, they are especially good poached, fried, hard or soft cooked or shirred.

Grade B and Grade C are good eggs, but do not have so good an appearance nor so delicate a taste as A or AA. Most of the white is thin and the yolk flat. Grades B and C can be used where appearance and delicate flavor are not important, such as scrambled, hard cooked for use with other foods, or in baked products.

Size refers to weight per dozen. "Small" eggs should weigh at least 18 ounces a dozen; "Medium," 21 ounces; "Large," 24 ounces; and "Extra Large," 27 ounces.

If you want to know what you're getting, always buy graded eggs. Compare values on the basis of the different sizes within one grade--the grade you've selected after considering the use you will make of the egg.

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FOR RELEASE WEEK OF JANUARY 10, 1955

Homemakers Need Business Center

If you're a homemaker who uses business-like procedures in handling finances, important papers and plans for the family, you will welcome a business center.

Miss Margaret Goodyear, member of the home management staff at the University of Illinois, suggests that you set up a business center, just as you have your mixing center or sewing center. Try to locate it where you can spend a few minutes now and then while waiting for food to cook or clothes to wash.

The equipment you put in the center will depend upon the space you have available and the jobs you intend to carry out there. You might ask yourself, "How much office work do I do as a homemaker?"

Perhaps you'll want a desk and typewriter along with glue, ruler, paper clips and other office supplies. You may want to keep your cookbooks, recipe files, menus and grocery lists there, as well as equipment instruction booklets. It's also a good place to keep bills, receipts, budgets and other important papers. Many women like to have the telephone installed in the business center, and some have a bulletin board for the whole family located there.

The use you make of your business center may be quite different from the use your neighbor makes of hers. But the important thing is to have things orderly so that you can find them when you need them, and so that you can use those extra five or ten minutes to good advantage.

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FOR RELEASE WEEK OF JANUARY 17, 1955

Directions for Freezing Eggs

Eggs, eggs and more eggs. The reason you've been hearing so much about them is that January has been declared "Egg Month."

Because eggs are plentiful and low in price, it's a good time to put some away in your freezer.

Dr. Frances O. Van Duyne, in charge of food research at the University of Illinois, gives the following directions for freezing whole eggs:

Use top-quality eggs, checking the odor and appearance by breaking each one into a small dish before adding it to a mixing bowl.

Mix the eggs with a fork, beater or an electric mixer, but avoid whipping in excess air. Then put the mixed eggs through a sieve.

For each cup of egg mixture, add either 1 1/2 teaspoons of sugar or 1/2 teaspoon of salt, and stir until dissolved. Then pour into freezer containers.

Defrost the eggs in unopened containers or covered glass dishes in a refrigerator at room temperature or under cold running water. Do not thaw more than you can use at one time, and use them immediately in recipes that call for whole egg. Three and one fourth tablespoons of defrosted whole eggs are equal to one egg.

The eggs to which sugar has been added should be used in baking and in making desserts. The egg mixture containing salt can be used in any recipe calling for whole egg. However, it may be necessary to reduce the amount of salt called for in the recipe so that the product will not be too salty.

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FOR RELEASE WEEK OF JANUARY 17, 1955

Farm and Home Week - Profitable Midwinter Vacation

Learning and fun are combined to make the 54th annual Farm and Home Week a profitable midwinter vacation.

University specialists will give you some ideas on how to keep family records and use money wisely, as well as how to care for flowers, from planting to arranging.

One feature that may answer your questions or change your viewpoint is a talk by Nellie Perkins on "Family Problems Arising Out of Television and the Comics."

To help you solve those home decorating problems, Margaret Hutchison, color stylist with the Martin-Senour Company, Chicago, will present the Home Color Fashion Show.

There are entertainment features galore. The traditional Farm and Home Week open house will be at the Illini Union. A highlight of the week for some will be the winter festival folk and square dance jamboree, and for others the music and drama festival. Banquets and many exhibits will fill the calendar.

Get the most from your visit to Farm and Home Week by planning in advance the programs you want most to attend. To get a copy of the Farm and Home Week program, send a card to 104 Mumford Hall, College of Agriculture, University of Illinois, Urbana.

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UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 24, 1955

Report on Residence Furnishings at Farm and Home Week

If you knew that over 17,000 people were going to live in your home during the next five years, what kind of furnishings would you buy?

This question may seem absurd to you, but to the University of Illinois it's quite practical. Why? Because in the fall of 1949 a brand new residence hall was opened on the campus, and in the first five years over 17,000 people lived in it for varying lengths of time.

A committee including home furnishings and textiles specialists selected the furnishings for this building after testing materials and considering various types of furniture. This committee has studied the wear and soiling several times during each of the five years the building has been in use.

If you are interested in the results of these studies, come to the Tuesday morning homemakers' program at the 54th annual Farm and Home Week. It will be held January 31 to February 3 on the University of Illinois campus, Urbana. You are invited to come and bring your family and friends.

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FOR RELEASE WEEK OF JANUARY 24, 1955

College Coeds to Visit High Schools

(Note to Editor: Enclosed is a list of girls taking part in the public relations program, with the high school they will visit.)

URBANA--Home economics students enrolled at the University of Illinois will take on the role of public relations personnel when they return to their homes between semesters, January 31 to February 4.

Seventy-two girls have volunteered to spend time during their vacation telling high school girls in Illinois about the University, and about home economics in particular.

Each girl has been invited by one or more high schools in her community to speak to FHA clubs, home economics classes or assemblies. She will take with her a packet of information which she can leave with the vocational counselor at the school. This packet will include information on careers in home economics and general information regarding the University of Illinois.

The coeds will explain why they believe a college education is important, and especially why they think home economics offers opportunities in many fields. They will also discuss campus activities and types of housing at the University, as well as how to prepare for admission.

The purpose of the project is to acquaint high school students over the state with the home economics department and the University as a whole. It is being sponsored by the home economics student council.

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SCHOOL	REPRESENTATIVE
Allendale	Frances Smith
Altamont	Shirley Kruger
	Dorothy Kramer
Anna-Jonesboro	Barbara Boyd
Antioch	Mary Herman
Armington	Phyllis Stoltz
Beason	Marilyn Huber
Belleville	Jody Hendricks
Benton	Jean Webb
Bloom	Roberta Tewes
Bowen	Marilyn Perry
Bowen (Chicago)	Merle Smedburg
	Barbara Fautz
Bridgeport	Marie Putnam
Brown County	Marie Myers
Carrollton	Doris Crist
	Doris Williams
Carthage	Marilyn Perry
Coal City	Carol Walker
	Elizabeth Seago
Colusa	Martha Massie
Dallas City	Martha Massie
DeKalb	Marlys Lothson
Delavan	Nancy Tomm
Downers Grove	Gene Stimart
	Carol Whittock
Downs	Jackie Webb
	Joyce Prosser
Dwight	Anita Lydigsen
East Alton-Wood River	Carmelita Korzen
Effingham	Dorothy Kramer
	Shirley Kruger
Equality	Edna McCue
	Georgia Ellis
Flanagan	Donna Meiles
Freeburg	Gladys Grommet
Galesburg Sr.	Jane Ann Behringer
Glenbrook	Ann Gulder
	Joan Wight
Greenfield	Doris Williams
Hamilton	Loretta Nagel
Hillsdale	Carolyn Moody
Hennepin	Marilyn Morine
Hirsch (Chicago)	Barbara Sebo
	Jo Ann Farley
Illiopolis	Rosella Ervin
Kinmundy	Kaye Greenwood
LaGrove	Irlene Parrill
Libertyville	Marsha Viere
McHenry	Charlotte Hoagan
McLean	Nancy Tomm

SCHOOL	REPRESENTATIVE
Mascoutah	Marge Hoerdt
	Ima Jean Bassler
Metropolis	Verna Mae Vogt
Minooka	Jean Rushton
Morgan Park	Merle Smedberg
Morris	Ruth Ellen Godfrey
	Jean Ann Holderman
Pecatonica	Luann Barber
Pekin	Marge Smalley
Petersburg	Ruth Behrends
Pinckneyville	Eunice Schaudt
Piper City	Marilyn Kucher
Pittsfield	Pat Paxton
Red Bud	Pearl Hanebutt
Ridgway	Georgia Ellis
	Edna McCue
Riverside-Brookfield	Nancy Link
Robinson	Jane Seed
Roseville	Nancy Monroe
ROVA	Audrey Nelson
Shawneetown	Edna McCue
	Georgia Ellis
Sheldon	Myra and Mary Long
Streator	Nancy Kauth
St. Joseph	Shirley Hunter
Sycamore	Roberta Willis
	Virginia Willke
Tuscola	Nancy Schrader
Urbana	Mary Liz Trimble
Von Steuben	Geraldine Taymor
	Ann Nemeroff
Wheaton	Nancy Womeldorff
Williamsville	Carolyn Burries
Wilmington	Anita Lydigsen

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 7, 1955

Limit Accessories on Coffee Table

It's a little late for New Year's resolutions, but nevertheless it's still a good time to resolve to do something about that "always cluttered" coffee table.

Mrs. Dorothy Twardock, University of Illinois home furnishings specialist, suggests that you limit the number of things on your coffee table to those you really need and use. Then add one accessory for interest alone--a conversation starter.

Perhaps you like to have a book or some magazines on the table. Then you'll no doubt add an ash tray (be sure it's adequate!) Perhaps you have a lighter or cigarette box that would look nice there. And then, for a conversation starter, how about Grandfather's pocket watch under glass? Or, for the more modern table, what about a black plate heaped with colored shells? A planter box always adds some life to the room.

What you put on the coffee table will depend on your wants and needs, as well as on the size and style of the table. But just be sure to keep that resolution to limit the accessories on it.

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FOR RELEASE WEEK OF FEBRUARY 7, 1955

Green Beans Are Budget Wise

It's budget wise to include canned green beans and canned corn in your meals this month.

Miss Geraldine Acker, foods specialist at the University of Illinois, says both these vegetables are grown extensively in the Midwest, and canners are reported to have packed plenty of both.

Vary the standard creamed beans by serving them in different white or brown sauces. For more variety add dill to the white sauce and a little bit of vinegar or chopped stuffed olives or dill pickles. Green beans in tomato sauce are also a tasty treat. If you make your own tomato sauce, use the liquid from the drained beans in making it.

Buttered beans are a favorite old standby. Bacon and beans always go well together. Sprinkle some crisp bacon crumbs over buttered beans, or cook the beans with bacon and onions. Simply cut the bacon into small pieces and pan-broil it over low heat. Add finely chopped onions when the bacon is half done. Cook until onions become transparent and then add drained beans, season with salt, pepper and paprika and heat thoroughly.

For a special treat, serve green beans au gratin. Make a white sauce, using drained bacon fat and liquid from the drained beans. Add grated cheese and beans, and put the mixture into a buttered casserole. Sprinkle with cornflake crumbs or bread crumbs, and bake in a moderate oven for about 20 minutes. Top with chopped crisp bacon before serving.

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FOR RELEASE WEEK OF FEBRUARY 14, 1955

Handle Dynel Like Wool

Dynel is one of the newer fibers now finding its way into many garments. It is resistant to moths and carpet beetles and immune to mildew. It is strong when either wet or dry.

To launder Dynel, treat it as though it were wool, says Miss Florence King, University of Illinois textiles specialist. Use lukewarm water, and make sure all of the soap or synthetic detergent is dissolved.

Keep articles made from Dynel away from any heated metal surface, such as an iron or a dryer. Prolonged heating of Dynel at as low as 240° F. will affect the color of the material if it is a light color. If it is subjected to too high a temperature, it will wrinkle, shrink, stiffen and become distorted in shape. Dynel dries very quickly and therefore it is not difficult to dry it in the air rather than in a dryer.

Dynel is fire resistant and will not support combustion. However, it burns if exposed to an open flame and will melt if a hot ash falls upon it. It is self-extinguishing.

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Different Foods Need Different Storage

Proper food storage is one secret in serving tasty meals and making your food dollar last longer. It will cut down food spoilage and waste.

Mrs. Barbara McGrath, foods specialist at the University of Illinois, says to wrap fresh meat and poultry loosely in waxed paper. Wrap the poultry giblets separately. Store meat in the coldest part of your refrigerator, and do not wash it until you are ready to use it. Try to keep variety, cut-up or ground meats no longer than one to two days.

Wrap fish and shellfish in moisture-proof paper or put in a covered container, and keep them no longer than two days.

Store your eggs large end up in a covered container in the refrigerator. If you want to keep left-over yolks, put a little cold water over them. To prevent evaporation, store left-over egg whites in a covered dish.

Tightly covered containers or airtight wrapping is recommended for storing milk and milk products. Hard cheeses should be especially well wrapped to prevent them from drying out. Store them in the coldest part of the refrigerator.

Margarine, too, requires refrigerator storage, whereas hydrogenated vegetable shortenings will keep well in the original container in a cool place without refrigeration.

Ice cream and other frozen foods naturally belong in the freezer or ice cube compartment.

Mrs. McGrath warns you not to try to refreeze foods once they thaw, but to use them quickly.

Store all cooked foods covered in the refrigerator. Allow hot foods except milk dishes to cool slightly, but refrigerate milk dishes immediately.

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UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 21, 1955

Haddock Is Budget Wise

Haddock, among the most popular fish, is especially low in price and high in quality this year.

Milton C. Geuther, marketing specialist at the University of Illinois, says there are two kinds of haddock fillets on the market--the small ones (often called scrod-haddock), which average about half a pound each, and the large ones, averaging about a pound each.

Although the two have the same flavor and quality, the small ones are the better buy this year because they are more plentiful and therefore relatively cheaper than the larger ones.

You can buy haddock hard-frozen or partly thawed, but Geuther cautions not to refreeze it when it is partially thawed. Use immediately.

Frozen haddock fillets can, however, be stored for several months in the home freezer at 0° F.

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FOR RELEASE WEEK OF FEBRUARY 21, 1955

Herbs Can Make the Difference

You don't always have to try a new recipe when you want to surprise your family with a different flavor. Just use a different seasoning in an old favorite.

Some homemakers are a little hesitant when it comes to using herbs. But the use of herbs in cooking is an art which to understand is fun. So experiment with those you don't know so well. You will find that certain herbs blend particularly well with certain foods.

Enhance the flavor of your baked goods with anise, caraway seeds or cardamon. The tantalizing, nose-tickling scent of hot breads, cookies or cakes is partly due to these pungent herbs.

Vegetables and salads take on a different flavor when you use basil, chervil, chives, dill, thyme, marjoram or oregano.

To vary the taste of meats, fish and poultry, use bay leaves, curry powder, rosemary or thyme.

If you are interested in learning more about the use of herbs, as well as how to grow them, write to 331 Mumford Hall, Urbana, Illinois, and ask for the booklet "Savory Herbs: Culture and Use."

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 28, 1955

What's In a Can?

Know what's in a can, especially now when your grocer has bargains on his shelves to tempt you. Canned green beans, sweet corn and peas are among the plentiful foods on the market now.

Milton C. Geuther, marketing specialist at the University of Illinois, says the federal grades on cans are excellent guides for any homemaker because they represent definite standards. Grade A includes the best of the crop, carefully selected on the basis of size, color and maturity. Grade B foods are not so perfect as Grade A, but they also are chosen according to size, color and maturity. Grade C foods are good but not so select as Grade A and B. They are wholesome and nutritious but may lack eye-appeal.

If grades do not appear on the labels of canned foods, it is important to read the rest of the label carefully for more information.

There are certain facts that have to be listed on the label, such as content of the can in ounces, cups or pieces; the ingredients (according to predominance if the can contains more than one food); and any preservatives, artificial colorings or flavorings that may have been used. Style or form of pack must also be stated, such as

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whole, sliced or diced. Fruit must show whether it is canned in heavy, light or slightly sweetened syrup. Variety of some foods must also be given, such as freestone or cling peaches.

Repeated buying of brands that you have found satisfactory is a good practice, Geuther says. With nearly 400 different foods and food combinations offered for sale in cans, it is impossible to know them all. And price is not always a reliable guide. Studies have shown that neither the highest nor the lowest priced brands of canned foods necessarily give the best value.

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FOR RELEASE WEEK OF FEBRUARY 28, 1955

Study Pattern Before You Cut

Now that spring is just around the corner, your sewing machine will no doubt be getting a workout.

But before you even begin to lay the pattern on your material, study the envelope, the instruction sheet and the pattern pieces themselves. They contain plenty of useful information, according to Miss Fern Carl, University of Illinois clothing specialist.

For example, on the envelope you will find such things as a chart of measurements from which you can compare your own measurements with those of the pattern, measurements for different parts of the pattern so that you can decide such things as whether the skirt is too full for you, different views of the garment showing several ways it can be made, recommendations for fabrics that would be suitable for the pattern, and yardage needed for various materials.

The envelope will usually have a date on it. If not, write it yourself on the envelope. Don't use a pattern over five years old, for it will be out of style.

These are some of the things found on your pattern envelope, and there are even more on your instruction sheet so be sure to read and study it. Study the pattern pieces, too.

When you finish studying, then start working. You'll be repaid in having fewer problems while sewing and a more professional-looking garment when you're finished.

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UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 7, 1955

Bake Rolls Before Freezing

For convenience and best results, bake your yeast rolls before freezing them.

Miss Virginia Charles, foods research specialist at the University of Illinois, says research conducted in the home economics laboratories has shown that frozen rolls will be of better quality if baked before they are frozen.

Simply make your favorite yeast rolls. Bake them at about 400° F. for 15 to 20 minutes and cool them on cake racks. Package the cooled rolls in aluminum foil or cellophane, seal the packages and freeze them at once.

Take the rolls out of the freezer about 20 minutes before serving time, and put them--still packaged and frozen--into the oven. If they have been wrapped in cellophane, heat them at 300° F. If wrapped in aluminum foil, use a temperature of 400° F.

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FOR RELEASE WEEK OF MARCH 7, 1955

Know Your Fish

Knowing the different ways fish is offered on the market may help you get variety in your Lenten meals.

Milton C. Geuther, marketing specialist at the University of Illinois, says that whole or round fish, for instance, refers to fish marketed just as they come from the water. They need to be scaled and drawn before cooking. Remove head, tail and fins if you wish. Cut big fish into serving-size portions.

Drawn fish are marketed with only the entrails removed. They need scaling before cooking. Here, too, you may want to remove head, tail and fins.

Or you can buy dressed fish, which is ready to cook. Bake it whole or cut it into steaks. Fish steaks are simply cross section slices of the larger sizes of dressed fish. Usually the only bone in a fish steak is the cross section of the backbone.

Sides of the fish cut lengthwise away from the backbone are called fillets. They are practically boneless and require no preparation for cooking. Although most fillets are skinned, you may find some of them with the skin left on but the scales removed.

Geuther points out that there are two types of fillets: the more commonly known single fillet and the butterfly fillet. The single fillet is cut from one side, whereas the butterfly fillet is made up of both sides of the fish--corresponding to two single fillets--held together by uncut flesh and skin.

Another form in which you'll find fish are fish sticks, which have become increasingly popular in the past few years. These sticks are pieces of fish cut lengthwise or crossiwse from fillets or steaks into portions of uniform width and length.

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UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 14, 1955

Use a Tomato Plant to Detect Gas

Tomato plants might help you decide why your house plants aren't doing too well.

G. M. Fosler, floriculture specialist at the University of Illinois, says ethylene gas can hurt your pot plants, although some plants are much more resistant to it than others.

Even though you use a gas stove or furnace in your home, ethylene gas may not be present in the air. Only manufactured gas is high in ethylene; natural gas has a very low ethylene content.

Fosler recommends putting a young tomato seedling or two with your house plants, because tomatoes are especially sensitive to ethylene. They will soon tell you whether there is a damaging concentration of ethylene gas present. If the leaves of the tomato plant tend to arch or curve downward abnormally, you can be fairly sure that ethylene gas is doing the damage.

Tight connections and careful regulation of oil, coal and gas burners for proper combustion will reduce the probability of gas injury to your house plants. Only a very small amount of gas escaping into the air (far less than can be detected by smell) may prove harmful.

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FOR RELEASE WEEK OF MARCH 14, 1955

Your Family Deserves a Good Setting

Make sure the food you serve your family pleases their eyes as well as their stomachs.

Miss Mary McAuley, foods specialist at the University of Illinois, says if your table and meals are attractive and inviting you won't have to combat lagging appetites.

It's not expensive to set the table attractively. You can get plain but well-designed china and glasses to fit every budget. The same holds true for place mats. They add color and can help to set off your china.

Use your imagination to surprise your family with a centerpiece for your table. It need not cost anything. Use some fruit, nicely arranged on a plate, or one of the pretty plants from your flower window. Try colored eggs in a shredded paper nest for Easter.

And how about the food? Miss McAuley says she knows of no better way to make a meal appealing than to serve good food that is well seasoned. Although there is nothing like an old family favorite, she suggests planning for variety too. There's a wealth of ideas for new dishes in newspapers and magazines, on radio and TV. Why not surprise your family with a new dish?

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UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 21, 1955

March 26 Home Ec Hospitality Day at U. of I.

Following the tradition of the past five years, members of the University of Illinois Home Economics Department and the Student Council will again be hostesses to high school girls throughout Illinois.

Juniors and seniors have been invited to attend Hospitality Day March 26 on the University of Illinois campus. This event is designed to give prospective students an opportunity to get acquainted with college life and activities, especially in home economics. Parents, teachers and home advisers have been invited to accompany the girls.

"U. of I. for You--Go Illini!" is the theme of this orientation day, which opens with registration at 8:30 a.m. in Bevier Hall. After an over-all information session, which will include skits on college life, the guests will visit laboratories and classrooms to see exhibits and demonstrations. They will also have a chance to meet home economics faculty and students.

A special luncheon prepared by seniors in one of the food preparation classes will be served in the home economics cafeteria.

"Mademoiselle Illini," a student fashion show, will be one of the highlights of the day, giving the visitors ideas for college wardrobe planning. Students will model dresses from their own wardrobes, some of the garments being ones they have made themselves.

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FOR RELEASE WEEK OF MARCH 21, 1955

Tuna Has Quality Grades

Most canned fish--except tuna--has no quality grades. According to a marketing specialist at the University of Illinois, fish is bought mostly by brand and by information on the label.

Milton C. Geuther says that the grades the industry has given to tuna refer to the type of tuna--its color, texture and flavor. Only the better parts of the albacore--the most expensive fish in the tuna family--go into Grade I quality, the only grade with truly white tuna. Grade II is generally pinkish white; Grade III is slightly darker; Grade IV is dark or brownish pink. In spite of the grade system, however, you will find that the designation "white meat" is used on labels to describe any shade except the darkest, where color is not mentioned.

Other information you may find on the label refers to size of pieces. "Fancy" means large pieces of flesh. "Standard" means that at least 75 percent of the meat is in large pieces. And small pieces are indicated by such terms as "flaked," "grated," "pieces" or "shredded."

So far as nutritive value is concerned, all grades and varieties are wholesome, the differences being small.

Geuther says there is plenty of tuna on the market now, and it is expected to stay there during the Lenten season.

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FOR IMMEDIATE RELEASE

Home Economists to Meet High School Administrators

CHICAGO--The first Tri-Home Economics Conference to be held in Illinois will open Saturday, March 26, at 9:15 a.m. at the Sherman Hotel, Chicago. Joint sponsors of the conference are the Illinois Home Economics Association, the Illinois Dietetics Association and the Chicago Home Economists in Business.

The purpose of the gathering is to further acquaint those responsible for guiding the futures of the high school students with the many career opportunities available in diversified areas of home economics. Invitations have been extended to every superintendent and principal, guidance counselor and head of a home economics department in a college or high school in Illinois. All teachers of home economics in the state have also been urged to attend. In addition, representatives from many civic groups have been invited.

Among those who will speak is Dr. Benjamin C. Willis, superintendent of the Chicago Public Schools, who will welcome the group. The keynote speaker will be Dr. Paul Misner, superintendent of schools at Glencoe and also newly elected president of the American Association of School Administrators. His topic will be "Horizons Ahead in Education." A panel of leaders in various fields will discuss "Home Economics for Better Living."

At the noon luncheon, Miss Mary L Barber, food consultant, Battle Creek, Michigan, will talk to the group on the subject, "The Pied Piper of 1955."

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UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 28, 1955

Select Right Pots for House Plants

Proper selection of pots may help you avoid failure and disappointment with house plants.

G. M. Fosler, floriculture specialist at the University of Illinois, says glazed containers or plastic pots are better than porous clay flower pots because the soil does not dry out so rapidly in them. If you don't have any glazed pots, you can get the same results by painting the outside of your clay pots.

Look for pots or containers that have drainage holes in the bottom so that surplus water can drain away. House plants seldom do well with their "feet" constantly in water. It is hard to give a plant just the right amount of water. That's why you should not use pots or planters that have no drainage holes.

"The bigger the better" certainly doesn't hold true in selecting flower pots. When plants are potted in containers that are too large, they get lazy and tend to develop leaves and stems rather than flowers.

Start young plants in small pots, and shift to larger pots as they become root-bound. But always try to keep the container size in proportion to the top growth.

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FOR RELEASE WEEK OF MARCH 28, 1955

Food Budget Gets Lucky Break in April

The family food budget should get a lucky break in April, says Milton C. Geuther, marketing specialist at the University of Illinois. Protein foods, which ordinarily take the biggest chunk of the family food bill, are expected to be most plentiful. Pork will top the list, followed by beef, eggs, dairy products and fish.

Canned corn and canned snap beans are expected to be the most plentiful vegetables and fresh and processed oranges, grapefruit, raisins and dried prunes the most plentiful fruits. Rice, lard and vegetable fats will round out the list.

According to the Department of Agriculture, the larger supplies of pork and lard come from a fall pig crop that is about 16 percent larger than that of a year ago. Generous numbers of grain-fed beef cattle are expected to go to market during April from midwest feedlots. Spring is always accompanied by increased production of milk and eggs. Large supplies of frozen haddock and halibut were built up last fall, and the pack of canned tuna was the largest on record.

The orange crop, principally in Florida, is the largest in history, with a large number still to be harvested this spring. Small-sized dried prunes are especially plentiful, as are raisins.

The U. S. rice harvest last fall was the largest on record, and exports are down. And last year's packs of canned corn and canned snap beans were close to record size.

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FOR RELEASE WEEK OF MARCH 28, 1955

Learn the Cancer Danger Signals

Many people are alive today because they received prompt and adequate medical treatment when cancer was in its early stages.

Miss Pauline Brimhall, health education specialist at the University of Illinois, says your health and that of your loved ones can best be protected by seeing your doctor regularly for check-ups even though you feel well.

Cancer can strike anyone, so it is up to you to safeguard your own life by learning the danger signals and consulting your doctor early if you suspect cancer.

There are seven danger signals that may mean cancer.

1. Any sore that does not heal.
2. A lump or thickening in the breast or elsewhere.
3. Unusual bleeding or discharge.
4. Any change in a wart or mole.
5. Persistent indigestion or difficulty in swallowing.
6. Persistent hoarseness or cough.
7. Any change in normal bowel habits.

There are three recognized treatments that have cured thousands of cancer patients: X-ray, radium and surgery. No cancer has ever cured itself or been cured by pills, salves or any other "home remedy." Cancer can be cured only by early medical treatment.

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UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 4, 1955

Plan Ensembles

Good taste in dress is not judged by the number of garments in a wardrobe. Instead, it is judged by the completeness, becomingness and appropriateness of each ensemble worn.

According to Miss Ritta Whitesel, University of Illinois clothing specialist, this means that all garments and accessories in an ensemble should blend or harmonize in design, color, fabric and type to make a complete picture. Each part should appear to be related in some way to every other part.

Not every woman is beautiful, but she can be attractive and smartly dressed if she builds her ensembles so that each is a stunning picture in itself.

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FOR RELEASE WEEK OF APRIL 4, 1955

Consider Lines and Shapes In Your Outfits

When you're buying your spring outfit, consider whether the design is right for you.

Miss Myra Baker, clothing specialist at the University of Illinois, advises you to think in terms of your entire outline and wear the clothes and accessories that give your silhouette a pleasing appearance.

Stand before a full-length mirror and study your silhouette--the outline of your entire shape from head to toe. Then decide what lines and shapes in the clothing design would give you a more interesting over-all appearance.

Would you appear to be in better proportion if you made your entire shape look wider or narrower? Should you emphasize horizontal lines or vertical lines in your clothing? Do long, loose sleeves make your hips appear too wide? Does the shape of your hat produce the right effect for your outfit? And don't forget to consider how you appear from the back.

Compare your silhouette in different outfits. Decide what collars, yokes, belts, skirts, sleeves and bodices make you appear more attractive. Study yourself in different-shaped hats and with different accessories. After several comparisons, you'll find the combination of lines and shapes that look best on you.

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3/28/55

FOR RELEASE WEEK OF APRIL 4, 1955

Keep a Basic Wardrobe

Every woman should start with a basic wardrobe and plan around it, according to a University of Illinois clothing specialist.

Miss Ritta Whitesel says that in planning your spring and summer wardrobe it is wise to take an inventory of what you already have and decide what you can call your basic wardrobe. Remember, it should consist of those garments that you need most in your everyday living; these are usually a coat, a suit or its equivalent, a dressy dress, an evening or dinner dress and a minimum of play clothes, lounging and sleeping garments and undergarments.

Since your basic wardrobe is to be the nucleus around which you will plan the other clothes you need, you should choose every garment in it with care.

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UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 11, 1955

Children Are Imitators

No amount of safety education that parents give their children can be completely effective unless Mother and Father obey the rules too, says O. L. Hogsett, University of Illinois safety specialist.

In safety, as in everything else, children follow the example of their parents. So let's set a good example for them. Telling Johnny to cross the street only when the light is green isn't going to seem important to him if he sees you dash across on the red. If Mary sees her Mother standing on a wobbly box or chair to get something down from the cupboard, she's not likely to use a ladder when she needs to reach for something herself.

If you make sure that your ways of doing things are reasonably safe, your children will be likely to develop safe practices too. They will take pride in acting as Mommy and Daddy do and will soon learn that the safe way is really the best way.

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FOR RELEASE WEEK OF APRIL 11, 1955

Make it "Save for Draperies Week"

If you need new spring curtains and can't afford them, why not get the family together and have a "Save for Draperies Week?"

Milton C. Geuther, marketing specialist at the University of Illinois, says you can save the money on your food bill and still give your family plenty to eat.

Many thrifty foods are just as nourishing and tasty as the more expensive ones. For example, you can start the day with a cooked cereal instead of a prepared one. Or you can stretch the milk money by using nonfat dried milk solids mixed with water.

Serve kinds and cuts of meat that are less in demand and therefore more economical. With pork plentiful right now, there is a great choice. And although liver is always economical you may save up to 10 cents a serving by buying pork liver instead of other kinds. Scalding will help to remove the strong flavor your family might object to.

All kinds of fish are on the plentiful list these months. Geuther recommends it as an economical and high-quality protein food.

Vegetable stews or soups are also kind to the budget. With a little imagination, you can provide a dish that your family will really enjoy.

Geuther says pancakes are another economical food. Many nationalities have their special variations. Add sweet corn, for example, or serve as a dessert. The German "Apfelkuchen" or apple pancake is well known.

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Make it "Save for Draperies Week" - 2

First cousins to pancakes are waffles. Try bacon in waffles or substitute jelly for syrup to give them a different appeal. Save your cold waffles for the next morning and serve them toasted for breakfast.

Geuther recommends watching the local markets for bargains. A shrewd homemaker will plan her meals around those thrifty buys.

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Start Planning Your Wardrobe Early

Start early in the season to plan your wardrobe. Then proceed in an organized way.

Miss Ritta Whitesel, University of Illinois clothing specialist, says that, if you want to be an early bird, you can begin planning several months in advance, because most fashion magazines show fashions from three to six months ahead of the peak of the season.

Regardless of how far in advance you begin, planning twice a year--once in the spring and once in the fall--should be sufficient for the smartest of wardrobes if you do it wisely.

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FOR RELEASE WEEK OF APRIL 18, 1955

Pellon Adds Contour to Your Dresses

You don't need a framework of bones and steel anymore to give your clothes the feminine look. There are newer materials to help you get the soft curves in your wardrobe.

Dr. Jane Werden, head of the textiles and clothing staff at the University of Illinois, says Pellon is one of the new interfacing materials on the market today which can add crispness and contour to your dresses. This new synthetic fabric has many properties which will please you.

Pellon is highly flexible, crush resistant and springs back into shape. However, it softens somewhat in washing and dry cleaning. When you launder it yourself, simply give it the same care that you would give fine cottons or lingerie. You will find that it dries remarkably fast. In dry-cleaning white Pellon tends to turn yellow; gray also changes color slightly, and black won't bleed at all.

This new fabric can be ironed if you set the temperature as you would for Nylon. A steam iron will give you even better results.

Just like most of the other materials made from man-made fibers, Pellon does not shrink. Therefore it is used successfully as

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interfacing in clothes made of synthetics. Dr. Werden cautions you to avoid distortion in garments constructed with Pellon by preshrinking your other material if this has not been done.

Pellon is not a woven fabric. It is made of fibers bonded together. The fibers lie in every direction and there is no grain to Pellon. Therefore it is economical because it can be cut in any direction and will not ravel.

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FOR RELEASE WEEK OF APRIL 18, 1955

Potted Plants Need Some Fertilizer

Start your potted plants in good soil and you won't need to add fertilizer for the next two or three months.

G. M. Fosler, floriculture specialist at the University of Illinois, says there are many reasons other than lack of plant food that might stunt or affect the growth of house plants. However, when growth slows down, shoots become short and woody, and foliage is abnormally light colored, fertilizer may help.

The complete soluble fertilizers on the market today are entirely satisfactory, WHEN USED STRICTLY ACCORDING TO DIRECTIONS ON THE PACKAGE. Or you can use complete commercial fertilizers in bulk form. They are especially good for the garden or lawn, but not too convenient for use on potted plants.

Don't put coffee grounds or crushed egg shells around your house plants--a few cents will buy enough fertilizer to last many months, and give you far more reliable results. Because fertilizer used according to directions will give good results, it does not follow that heavier fertilizing will produce better growth. On the contrary, if you use too much fertilizer you may cut down on flowering and encourage soft, succulent stems and foliage. A great excess of highly soluble salts may cause the plant to grow poorly or even die.

You can have soil from your house plants, garden, or lawn tested at the Floriculture Division of the University of Illinois. The cost is $1.00 a sample. Write to 100 Floriculture, University of Illinois, Urbana, for instructions on how to prepare your soil sample(s) and how to mail them.

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AMS:sf
4/12/55

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 25, 1955

Carrot Tops to Go

Don't hesitate to buy carrots in cellophane bags.

Milton C. Geuther, marketing specialist at the University of Illinois College of Agriculture, says that topped carrots may be even better than those with the tops left on.

Geuther says that carrots are still alive when harvested. Leaves of living plants give off moisture. For that reason those with the greens left on will tend to dry out and lose some of their food value. High-quality carrots that are kept cool and moist after the tops have been cut off will keep their quality.

The same holds true for radishes.

Geuther says topping carrots has another advantage. With the tops off they are less bulky and you won't have to pay for transportation and refrigeration of the greens which you'll discard anyway if the checker in the grocery store doesn't do it.

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MS:sf
4/18/55

FOR RELEASE WEEK OF APRIL 25, 1955

Eat Lots of Cheese; It's Good for You

Cheese is a good-tasting food and it's good for you, say R. G. Hansen and S. L. Tuckey, a pair of dairy scientists at the University of Illinois College of Agriculture.

Some people say they don't eat cheese because it is fattening. Yet it is often included in reducing diets. Why? Because cheese, although high in calories, has most of the life-giving food elements in compact form. It is packed full of vitamins, minerals and proteins.

If you want to reduce, it seems best to cut down on the amount of food you eat but at the same time to get all the food elements you need. Cheese fills the bill. Few other foods contain so many nutrients compared to number of calories.

You don't have to worry about variety in your diet, either, if you eat a lot of cheese. Tuckey says there are enough kinds on the market to permit a person to eat a different kind every day for a month. There's a cheese for every taste, he says.

Hansen says cheese brings out the best in bread and crackers, too. It adds the needed food elements that are missing in cereals like bread, and thus helps to balance your diet.

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DLN:nb
4/18/55

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 2, 1955

Put Nutrition in Between-Meal Snacks

Springtime means increased activities for most members of the family. Increased farming activities, more outdoor work around the home and farmstead, more strenuous recreational activities will make you want to eat more food.

And the chances are that extra food will be eaten as snacks. So make sure these between-meal bits are nutritious, says Miss Geraldine Acker, foods specialist at the University of Illinois.

Instead of eating only high-carbohydrate foods like cake, cookies or pie and a bottled beverage, why not snack on a meat, peanut butter, cheese or egg sandwich and a glass of milk?

Miss Acker says the pastry-beverage combination contains only calories, while the sandwich-milk combination contains proteins, vitamins and minerals as well as calories and may even be lower in calories than the first one.

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ZAB:sf
4/26/55

FOR RELEASE WEEK OF MAY 2, 1955

Make Your Own French Dressing

Make your own French dressing to top those fresh green salads you're preparing. It may add a zestful flavor that will make them more appealing.

According to Miss Patricia Wyatt, foods specialist at the University of Illinois, the flavor of French dressing varies with the type of oil, acid, seasonings and other ingredients used in it.

The usual proportion is three parts oil to one part acid. However, you can vary this proportion according to taste and the acidity of the vinegar or lemon juice. For a sharper dressing, you may prefer to use two parts acid to one part oil.

You can use any type of oil in French dressing. Olive oil is usually preferred because of its flavor, but it is more expensive than most other types. You can prepare a delicious dressing by using cottonseed, corn, peanut or soybean oil. You may even use a combination of oils to achieve an entirely different flavor.

The acid ingredient is usually either lemon juice or vinegar. You can use any one of the various types of vinegar. Or you can let tarragon, basil or garlic stand in the vinegar until you get the flavor you want. Then strain out the herbs and you have your own flavored vinegar.

For endless variety in flavor, season with various spices and herbs. You can try using tarragon, basil, marjoram, thyme, dry mustard, paprika, garlic, celery salt, celery seed and many others.

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IBA:sf
4/27/55

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 9, 1955

Safe At Home?

We have positive proof that people can overcome carelessness and haste that brings on accidents, says O. L. Hogsett, extension safety specialist.

More than twice as many fatal accidents occurred in farm homes last year as on farms outside the home. More than half of the home accidents that resulted in death were due to falls and fractures. About 80 percent of the falls occurred when the victim fell on the same level. Others were falls downstairs or off stepladders.

About one-fourth of the home accidental deaths resulted from fires. In many cases the fatal burn was caused by an explosion when the person was using gasoline or kerosene to start a fire.

Parents and adults in every home have the responsibility to see that safe conditions are provided and maintained, and that safe practices are followed at all times. An orderly home is a safe home.

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OLH:sf
5/3/55

FOR RELEASE WEEK OF MAY 9, 1955

Asparagus Season At Hand

Fresh asparagus will be a special treat on many tables in Illinois now that spring is here.

If you have a home freezer, you'll no doubt want to put some of it away, but the chances are that you'll be having it fresh quite often. Miss Geraldine Acker, University of Illinois foods specialist, has some suggestions for cooking asparagus.

First of all, she says, the stalks should be tender and firm, with close, compact tips. Be sure to wash the stalks, removing leaves close to them. If you want to serve the whole stalks, it's a good idea to tie them together in a bunch and stand them upright in a deep pan for cooking. The stems need more cooking than the tips, and in this way the stems can boil in the water while the tips cook in the steam.

However, if you want to serve the stalks in pieces, you can cut them into one-inch lengths, cook them until they are almost tender in boiling water and then put in the tips. Boil for 10 to 20 minutes, depending on tenderness.

Serve with melted butter to which a few drops of lemon juice has been added. Or you may want to add a cream sauce.

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ZAB:sf
5/3/55

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 16, 1955

Keep Children Off Farm Machinery

Spring brings an increase in the activities not only of adults and children, but also of farm machinery.

Children plus farm machinery add up to a bumper crop of accidents each year, says University of Illinois extension safety specialist, O. L. Hogsett. The children are not at fault, and neither is the machinery. It is the responsibility of parents to see that these accidents can't happen.

The best way is to make children understand how accidents are caused and how they can prevent them. They may think you are too strict when you forbid them to ride on a tractor or other machinery. But it may keep them from being injured or even killed. So think twice before you let children ride on equipment.

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OLH:sf
5/9/55

FOR RELEASE WEEK OF MAY 16, 1955

Adults Can Help Child to Adulthood

Every adult can promote better adult-youth relations by becoming better informed on what to expect from adolescents, according to a University of Illinois family relations specialist.

Miss Margueritte Briggs says the bridge between childhood and adulthood would be more rewarding and less difficult to endure if both adults and youth had more adequate preparation beforehand.

According to a recent survey of 170 Illinois homemakers, 87 felt that adolescence was the most difficult period for parents, 22 considered the preschool years the hardest, and 19 were uncertain about it. One hundred forty-three considered the school-age period the least difficult.

The reasons for the difficulty between parents and youth as cited by these homemakers were (1) lack of respect for parents; (2) bad influences in their own youth groups; (3) too many demands from outside the home, leaving youth no time or energy to assume home and family responsibilities; and (4) bad temper and unpredictable behavior for no justifiable reason.

Miss Briggs says that much of this difficulty would not occur if young children were taught to respect the rights and feelings of other people and if they were trained to assume their fair responsibilities toward their family and others during childhood.

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ZAB:sf
5/9/55

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 23, 1955

Brittle Fibers May Cause Splits

If you buy a permanently pleated skirt that splits along the pleat folds, take it back to the store.

Miss Ellen Hansen, member of the University of Illinois textiles staff, says most stores are willing to make unsatisfactory merchandise good. If you make your complaint soon enough, you will not only get satisfaction, but will give manufacturers an opportunity to remedy merchandise before too much dissatisfaction is registered.

Miss Hansen explains that some synthetic fibers are more suitable for permanent pleating than others. Although all synthetics that melt on application of heat can be pleated, some may become brittle. A brittle stage is reached in most fibers, but in some the range between the melting point and the brittle stage is very short. Acetate is one of these. However, creases will become brittle in any fiber if the temperature is not carefully controlled during pleating.

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MS:sf
/16/55

FOR RELEASE WEEK OF MAY 23, 1955

Pleasant Breakfast Means Safer Farmer

Do you start your day with a smile, a song or a cold shower? Man is a creature of many moods when he climbs out of bed in the morning.

What will you have for breakfast, asks O. L. Hogsett University of Illinois safety specialist? Is it a quick cup of coffee tossed down on the run? Or do you sit down and enjoy a substantial breakfast of juice, eggs and bacon, cereal, toast, etc.? Whether a poor breakfast starts the victim on an all-day grouch or fails to cure one he already has, it is often the beginning of an unfortunate chain of events.

When people don't eat good breakfasts, they're not so alert, their reactions slow down, their muscular actions become awkward--in short they're wide open for an accident.

But the husband or son who leaves the breakfast table in the morning well fed and happy will use better judgment in everything he does. A good breakfast may be pretty cheap insurance against an accident when it helps to start the breadwinner off on a happy day.

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LH:sf
/16/55

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 30, 1955

Short Exposures Give Best Tan

When the weather turns warm, it's too nice to stay inside. But long periods out in the sun can mean a bad sunburn.

Miss Pauline Brimhall, health education specialist at the University of Illinois, says that every spring in spite of all the warnings against it, many people suffer serious illness and painful injury from overexposure to the sun.

Falling asleep under the sun is one of the most frequent causes, so be sure to use a reliable alarm clock whenever you sunbathe. If you are a sound sleeper, have someone else wake you up. This advice holds for using a sun lamp, too, although you can get a timer that will shut off a lamp automatically.

Suntan lotions may give you some protection from burning, but they're no substitute for moderation and good sense. Remember, the patient sunbather who takes short exposures until he knows how much his skin can take usually gets the best tan.

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ZAB:sf
5/24/55

FOR RELEASE WEEK OF MAY 30, 1955

Eating Outdoors Safely

This is the time of the year when fine weather makes us think about taking the family out for a picnic.

But there are always some simple precautions to follow to insure safety along with the fun, says University of Illinois extension safety specialist O. L. Hogsett.

Don't prepare food that spoils easily, such as cream pies, fish and egg salads, mayonnaise dishes, sauces, gravies and creamed dishes. Such foods must be kept cold until they are eaten. If you prepare a food of this type, pack it in ice so that it will keep cold until you get to the picnic area and are ready to eat. If you are in doubt about being able to keep it cold, don't plan to take it.

Sometimes there is no safe drinking water near the picnic spot, so remember to take your own water and don't take any chances.

It's also a good idea to put a first aid kit in with your picnic supplies. Include materials for cuts, burns, insect bites and poisonous plants.

Before you leave the picnic area, be sure your camp fire is out, and clean up all the garbage, leaving the picnic grounds clean.

With these safety measures, you will insure family outings that will be happy times to enjoy and remember.

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OLH:sf
5/24/55

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 6, 1955

Nonfat Dry Milk Solids Finally Available for Everyone

No longer are bakers and other food processors the only ones who can make their products better tasting and more nutritious by using nonfat dry milk solids in their products.

Miss H. Patricia Wyatt, foods specialist at the University of Illinois, says billions of barrels of nonfat dry milk solids were sold in bulk and went into bread and other baked products, prepared flour mixes, sausages and dairy products before the homemaker was finally able to purchase it in smaller amounts for use at home.

Hotels, hospitals and other institutions that also buy the solids in bulk have known its many advantages for a long time.

Nonfat dry milk solids are a concentrated form of milk, sugar, proteins and minerals, such as calcium and phosphorus. They also contain a significant amount of natural vitamins, such as riboflavin, thiamin and niacin.

Miss Wyatt says nonfat dry milk solids are one of the most economical sources of good-quality protein. One cup full costs about 9 cents and contains as much complete protein as half a pound of beef steak. One pound makes five quarts of fluid milk at a cost of about 8 cents a quarts.

-more-

FOR RELEASE WEEK OF JUNE 6, 1955

Nonfat Dry Milk Solids Finally Available for Everyone - 2

Dry milk fat solids have many other advantages. They are easy to store and will keep for long periods without refrigeration. They can also be added to foods to improve texture and nutritive value without adding additional liquid.

These solids are now marketed in an especially easy-to-use form as "instant" nonfat dry milk solids. Lumping is no longer a problem because they dissolve in water almost instantly.

If you put reconsitituted milk in the refrigerator for several hours before using, you will find that it tastes just as fresh and sweet as skim milk.

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AMS:sf
5/31/55

FOR RELEASE WEEK OF JUNE 6, 1955

Get Rid of Flies

The secret of fly control is sanitation plus insecticides!

According to H. B. Petty, entomologist at the University of Illinois, sanitation will reduce the number of flies to a point where insecticides can be used to control them.

Clean covered garbage cans reduce fly numbers around a home. Animal pens should be cleaned twice a week, and the debris should either be scattered in fields to dry or composted or buried. Flies breed in any moist, decaying organic matter. Proper disposal is the big step in house fly control.

Malathion, a relatively new insecticide, is now recommended for fly control. Use ½ pint of 57 percent malathion concentrate and 2 cups of sugar in 3 gallons of water. Spray liberally around the garbage can and adjacent areas as well as on other outside surfaces where flies roost. For inside use, thoroughly mix 5 teaspoons of 57 percent malathion in 1 pint of corn sirup. Put some into small containers and place in areas where flies congregate. This is a bait and will attract them.

There are several good sprays on the market for inside use. For best results, close windows and doors before spraying inside.

Observe the ordinary precautions in using and storing insecticides. Keep eating and cooking utensils and food covered when spraying in the kitchen. Keep the spray out of children's reach. And be sure to wash your hands after using it.

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HBP:sf
5/31/55

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 13, 1955

Storage Time for Frozen Foods

The length of storage time for frozen foods depends upon packaging, freezer temperature and the food itself. However, foods stored at zero degrees Fahrenheit or lower will keep longer than foods at higher temperatures.

Mrs. Barbara McGrath, foods specialist at the University of Illinois, gives the following time limits for storing foods in the freezer:

Don't store fresh pork, poultry and fish longer than six months, or chopped and seasoned meats more than three months. Beef can be frozen for eight to twelve months and will still remain high in quality.

Two months is the time limit for freezing baked products. But cooked foods should be removed from the freezer during the first month.

Fruits and vegetables can be frozen for eight months to one year. However, citrus fruits and juices should not be frozen longer than six months.

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IBA:sf
6/6/55

FOR RELEASE WEEK OF JUNE 13, 1955

Know Cheese Varieties Before You Buy

With more than 800 names for different cheeses it is no wonder that you may sometimes become confused.

Miss Patricia Wyatt, foods specialist at the University of Illinois, says all of these varieties can be classified into eight basic groups. Difference in the way the milk is handled determines the flavor of each group and gives each variety of cheese particular characteristics.

These eight basic groups are soft-unripened cheese, surface-ripened cheese and interior-ripened cheese, as well as whey cheese, club cheese, processed cheese, cheese food and cheese spreads.

Miss Wyatt says the kind of milk that is used, whether it's cow's, sheep's, or goat's milk or a mixture, determines one difference. Other factors include moisture content of the finished cheese; the culture of microorganisms added to the milk or cheese curd, such as bacteria, yeast and molds; the degree of acidity the curd is permitted to reach; the salt content of the cheese and the method of adding salt; and the temperature at which the cheese has been ripened.

For more information write to 331 Mumford Hall, University of Illinois, College of Agriculture, Urbana, for a copy of "Know Your Cheese."

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AMS:sf
6/6/55

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 20, 1955

Cheese: Plain or Mixed

If some members of your family don't like milk, use more cheese in your meals. Try melting American cheese in white sauce to pour over cauliflower or some other vegetable. Or make a cheese soufflé for a main supper dish. Have you ever made salad dressing using Roquefort cheese, or frosting using cream cheese?

You'll find lots of recipes that call for cheese in your favorite cookbook. But, remember, cheese is just as good in a sandwich or spread on crackers as it is mixed with the other foods.

Whether you mix it or serve it plain, your family will enjoy cheese at mealtime as well as snack time. Some will like the nippy kind, while others will prefer the mild, but no doubt you'll soon agree that cheese is an American favorite.

If you would like some recipes and suggestions for ways to serve cheese, write to 331 Mumford Hall, Urbana, Illinois, and ask for the free leaflet, "Cheese in Your Meals."

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AB:sf
/14/55

FOR RELEASE WEEK OF JUNE 20, 1955

hildren Can Enjoy Water Safely

Children and water make a good combination for keeping cool his summer. But without the addition of a large portion of caution, t can spell tragedy, too.

Records show that poor judgment and lack of skill are to lame for most water mishaps. Nine out of ten drowning victims are onswimmers, says O. L. Hogsett, University of Illinois extension safety pecialist.

This means that one of the best ways to halt such tragedies s to make sure members of your family can swim. Youngsters should be iven a chance to learn while they're young. Many pools and beaches old group classes in the summer.

Keep small children away from open stock tanks or other water-illed containers. It takes only a few inches of water to drown an in-ant. For reasons of safety as well as sanitation, make sure cistern nd well covers are strong and tight. If you have a farm pond, make it rule that your children stay away unless they are accompanied by an der person. Enforcing this rule may save a life.

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H:sf
14/55

FOR RELEASE WEEK OF JUNE 27, 1955

Plan Family Group Activities

The trend today is for families to do more planning, working and playing together, says a family relations specialist at the University of Illinois.

According to Miss Margueritte Briggs, loyalty, morale and unity are all strengthened by family group activity, and a climate is produced in which the child can learn and develop adequately. Miss Briggs summarizes these advantages of family group activity:

You learn to know your child better, and he learns to know you. He learns to work and play by doing. He accepts family responsibilities because he's in on the planning and feels he's respected as a family member.

Another advantage of family group activity is that the family learn to work together for a common goal--whether it be a job or a game. And this unity will help them withstand periods of stress.

But even when your family is sharing in group activities, remember that you cannot expect your child to be a perfectionist. It is far better to keep him interested and eager to participate than to stress that he do his part as well as an adult. The child's attitude is much more important than is the end product of some project.

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IBA:sf
6/21/55

FOR IMMEDIATE RELEASE

Cornerstone Laid for New Home Ec Building

The cornerstone for the new home economics building on the University of Illinois campus was laid Monday, June 20.

At the ceremony Dr. Janice M. Smith, head, department of home economics; Miss Lita Bane, former head; Dr. Louis B. Howard, dean, College of Agriculture; and A. J. Janata, secretary of the University of Illinois Board of Trustees, placed mortar on the spot before workmen lowered the stone into place.

A metal box containing statements by Dr. Howard, Dr. Smith and Miss Bane was cemented into the stone. The box also contained various pictures and articles representative of the work done by each of the divisions in the department, as well as material representative of the type of student activities carried on. One book, "The Story of Isabel Bevier," by Miss Bane, and copies of Champaign-Urbana newspapers were also placed there.

Home Economics Extension was represented in the box too with a statement by Mrs. Kathryn Van Aken Burns, state leader, and information regarding 4-H Club projects and extension participation in the counties.

The building is expected to be ready for occupancy in September 1956. It will provide laboratories, offices and auxiliary room for research, extension and teaching activities.

Also under construction at the present time just one and one-half blocks from the new home economics building is the child development laboratory. It has been planned to meet all the needs of preschool children, with staff offices, classrooms, research laboratories, parents' conference rooms and library all in the same building.

This laboratory will provide for twice the number of children now enrolled and will make possible increased activities in the graduate, undergraduate and research programs.

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ZAB:sf
6/21/55

COLLEGE OF AGRICULTURE UNIVERSITY OF ILLINOIS EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 4, 1955

Why Take the Chance?

It just seems natural for children to pick out dangerous places to play, says U of I extension safety specialist, O. L. Hogsett.

They have little or no fear of inanimate things, and as a consequence many are seriously hurt. There are naturally a good many child hazards around any farm, and on some farms there are many that are entirely unnecessary.

The ladder left against the wall, the windmill tower, water tank, pond, and the water-filled ditch naturally fascinate the young ones. Keep chemicals and insecticides stored safely out of their reach. Discarded wagon boxes, machinery, coils of wire, piles of old lumber and building materials are other hazards. They make wonderful places for the imaginative games of childhood--and they can be death traps.

A thoughtful parent will be on the lookout for danger spots around the farm and see that the spots are removed or protected in some way.

It is much better to be safe than sorry.

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OLH:mi
5/27/55

FOR RELEASE WEEK OF JULY 4, 1955

Home-made Vs. Commercial

With all the good commercial products on the market today, homemakers often ask themselves if it's worth the time and effort to have "home-made" rugs and accessories.

A Canton, Illinois homemaker, Mrs. Raymond Rafferty, feels very strongly that it is worth the time and energy expended, and she makes hooked rugs to prove it.

Mrs. Rafferty says homemade items give a personal touch to the home--something which is your very own and not duplicated anywhere. It will often enable us to have things which we do not have money to buy. The need for beautiful things in the home can be supplied with little cost if a person has good taste and skill in workmanship.

She also says that making things for the home satisfies that "creative spark," or urge to make things, which is a part of one's inner self. And Mrs. Rafferty adds, there is a certain sentimental value which cannot be measured.

However, she cautions that homemade rugs and accessories must be well made if they are to have either aesthetic or economic value. Careful planning is essential so that color, design, size and shape will harmonize with other furnishings. Only good materials that will wear over a long period of time should be used, for poor materials do not warrant the time and effort spent. And, good workmanship is a "must" if we are to have an article of lasting value.

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ZAB:mi
5/27/55

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 11, 1955

Make a Home Safety Check Today

Check your home for accident hazards. Observe National Farm and Home Safety Week July 24-30. For safety's sake check your home every week during 1955.

O. L. Hogsett, safety specialist, University of Illinois College of Agriculture, suggests that you check for dangers of falls and burns, the two types of accidents that take the greatest number of lives in homes each year.

Quiz yourself about hazards that may be found in your home. Look at each room critically. Remember that during 1954 home accidents caused the greatest number of deaths due to accidents--30,000 persons lost their lives in and about American homes.

During the canning season, and in washing jars and dishes, take extra care with boiling water. Be sure to follow directions when using the pressure cooker. Make sure the safety valve is in good working condition. Always let the steam escape before releasing the clamps on the cover. Never use the oven canning method, as it is too dangerous.

Avoid using small or loose rugs at the top and bottom of stairs. Rugs placed in this position are a sure invitation to falls that may result in fractures or broken bones.

Make a thorough check of your home for hazards that might cause falls or burns.

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DLH:dw
7/6/55

Children Need to Learn Money Management

Children learn money management through example and experience, according to a specialist in family economics at the University of Illinois.

Mrs. Ruth C. Freeman says children receive their first lessons in money management by the example of their parents, brothers and sisters. Their viewpoints on applied economics in the home will be influenced all the rest of their lives by the way their parents manage money.

While examples of good management in your own home can be a wonderful thing, experience is even more important. Just as a child cannot learn to swim until he gets into the water, so he cannot learn money management without having money to manage.

When a child asks for his first penny, he should be started on an allowance, according to Mrs. Freeman. If the first allowance is five cents a week, give him five pennies rather than a nickel so that he will have freedom of choice. And be sure to have a regular payday each week. As he grows older, you may want to change to a biweekly or monthly basis of payment.

If the child's allowance runs out before the end of the week, don't give him additional money unless it is to be repaid from the following week's allowance.

A good way to start an allowance is by giving the child three small envelopes--one marked Spending, one for Sharing and one for Saving. He can then keep an account of his own money just as he has seen Mom and Dad keep track of theirs in an account book.

ZAB:dw
7/6/55

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 18, 1955

A Check List for Farm and Home Safety Week

URBANA--A good time to clean out your medicine cabinet is during National Farm and Home Safety Week July 24-30.

O. L. Hogsett, extension safety specialist at the University of Illinois College of Agriculture, makes the following suggestions:

Discard all old and unused medicines. Be sure to store poisons on the top shelf of the medicine cabinet so that your children cannot reach them. Or you may want to store poisons and medicines in a separate place on the highest shelf in your kitchen cabinets. Be sure poisons are labeled clearly and distinctly.

Another way you can make your home safe is to check for fall hazards. Falls are the number one cause of accidents in the home.

Keep toys and other objects out of the line of traffic. To prevent slipping, use a rubber pad underneath small rugs.

Make sure all stairs and porch railings are sound; check and repair them before a fall occurs.

Make sure all stairways (including the basement stairs) are well lighted. Check stairs to see that they are free of boxes, toys, magazines or newspapers. Look before you start up or down the stairs to make sure they are clear. Grasp the hand railing as an extra guarantee aginst a fall.

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OLH:sf

FOR RELEASE WEEK OF JULY 18, 1955

Use the Broiler for Summer Meals

During the hot summer months, try cooking an entire meal in your broiler. It's quick and simple, and you'll find that you have fewer pans to clean, says a University of Illinois foods specialist.

For broiler meals Miss Geraldine Acker suggests choosing fruits and vegetables that require about the same broiling time as the meat, or just half the broiling time so that you can put them in the broiler when the meat is ready to be turned.

Fresh vegetables, such as Irish potato slices, mushrooms, onion slices, summer squash and tomatoes, can be put on the rack surrounding the meat. Canned or left-over vegetables, such as asparagus, carrots, corn, lima beans and peas, can be placed in the broiler pan, with the meat placed on the rack on top. In this way the vegetables are heated in the meat drippings.

Baked beans have a deliciously different taste when cooked in the pan below a slice of ham and such fruits as apple rings, bananas and peach halves. You'll find that you can also broil orange or grapefruit halves and canned fruits like apricots, pears, pineapple slices and plums.

The following combinations may give you other broiler meal ideas for hot summer nights: beef patties, whole cooked onions and whole cooked carrots. Broiled hamburger on buns, whole cooked carrots and orange halves. White fish, tomatoes stuffed with macaroni and grapefruit halves.

And if you want to serve hot rolls with your broiler meal, just put the rolls into the oven a few minutes before the meal is done. At mealtime, take everything out of the stove and your meal is complete.

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BA:sf
/12/55

FOR RELEASE WEEK OF JULY 18, 1955

NHDC to Hold Annual Meeting in Chicago

Members of the Illinois Home Bureau Federation are busy making plans for the 20th annual National Home Demonstration Council meeting scheduled for August 21-25 in Chicago.

According to Mrs. Milton Vaupel, Ashton, president, Illinois Home Bureau Federation, over 3,000 members from all over the country are planning to attend the conference. Many counties in Illinois are planning to charter buses in order to attend the sessions for one or more days.

Since Illinois will serve as hostess for the event, committee chairmen have been chosen from various counties throughout the state, and women from their areas have been asked to help. Mrs. Elmer Ekdahl, Aurora, is general chairman, and Mrs. Leo J. Quinn, Henry, is co-chairman for the meeting.

A special guest of the NHDC throughout the week will be Mrs. Alice M. Berry, Queensland, Australia, who is president of the Associated Country Women of the World.

The National Home Demonstration Council works with the United States Department of Agriculture and the land-grant colleges to provide opportunity for homemakers to pool their judgment and experience for the improvement of home and community life.

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ZAB:sl
7/13/55

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 25, 1955

Gardening Is Exciting for Youngster

During the summer, parents are faced with providing more activities for children, and a University of Illinois child development specialist suggests gardening.

Mrs. Millicent Martin says this doesn't mean gardening as adults think of it. A child may help in the family garden part of the time, but to have a small one all his own makes it much more meaningful.

Even though it's a little late for planting a garden, this doesn't mean that a child can't have the experience of planting seeds and watching them grow. An excellent way to show how seeds sprout is to moisten a blotter, put it in a glass and then put seeds between the blotter and the glass. Be sure to keep the blotter wet. Lima beans sprout very quickly, and children can watch to see how fast the roots grow. The plants can be transferred to soil in a container or outside in the yard.

A child will not do the job of an adult, but he will learn by the experience, and parents should give enough help to permit him to learn about watering, weeding and harvesting. If he grows flowers, let him arrange them in a vase for the table; or if he grows vegetables, let him help you prepare them for the meal.

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JAB:sl
7/19/55

FOR RELEASE WEEK OF JULY 25, 1955

Music Included in Convention Program

Music will be featured many times during the 20th annual National Home Demonstration Council convention to be held in Chicago August 21-25. Solos, choruses and group singing have been planned as a regular part of the program.

Mrs. Warren Mynard, Oneida, will present a solo, and the Will County Chorus will sing several numbers at the Sunday evening vesper service. Mrs. Don Auble, Bartlett, will sing at the opening session Monday morning. The Oklahoma Choral Group will perform on Tuesday afternoon.

At the Wednesday afternoon session, the Illinois State Chorus, made up of County Rural Chorus members and Home Bureau Chorus members from 16 Illinois counties, will be directed by V. C. Shaul, director of the Illinois Rural Chorus. Shaul will also lead group singing at the annual banquet Wednesday evening.

Group singing will start many of the sessions, and music will be featured during breaks in the sessions. Mrs. George Holland, Dixon, is music chairman for the conference.

Monday night has been designated Illinois Night. Entertainment for this part of the conference is being kept secret by those who are planning it. Mrs. Velma Groves, Argenta, is in charge. It is expected to be quite a treat because Mrs. Groves, in her role of recreation chairman for the Illinois Home Bureau Federation, has produced some very clever and entertaining programs.

Tours and shopping trips will take up time when meetings, luncheons and banquets are not in session.

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ZAB:sl

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 1, 1955

Use Liquid From Canned Vegetables

Don't throw away the liquid from canned vegetables or you'll lose valuable vitamins and minerals that dissolve in the liquid when vegetables are cooked or canned.

Mrs. Barbara McGrath, foods specialist at the University of Illinois, suggests using part of this liquid in soups. Or you can pour all of it from the can into a saucepan, add chopped onion or celery and cook it down to about half the original amount. Then add meat drippings or butter, a little lemon juice and seasonings. Finally, add the vegetable, heat and serve.

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BM:sl
7/26/55

FOR RELEASE WEEK OF AUGUST 1, 1955

NHDC Sponsors Song Contest

The National Home Demonstration Council is sponsoring a song contest in the hope of finding a song that will become the official one of the organization.

Mrs. Mabel Holland, Illinois Home Bureau Federation music chairman, says Illinois will have its own contest and the winning entry will be submitted in the national contest.

Words and music of the song may be the work of one or several home bureau members. The song should be inspirational, and it should be one that a large group can sing and enjoy singing.

Words must be original. Music should preferably be original. However, if it isn't the entrant must check and make sure there is no copyright that would prevent it from being sung in public.

According to Mrs. Holland, prime consideration is not whether the music is original, but whether the words and music together create the desired inspirational, melodic song.

All entries must be mailed to Mrs. Holland, Dixon, by October 1, 1955. Judges for the Illinois contest have not yet been announced.

State winners will be given recognition at the NHDC annual meeting. It is not yet certain whether there will be other awards. The national contest will award prizes for the three top songs chosen by the judges.

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ZAB:sl
7/26/55

FOR RELEASE WEEK OF AUGUST 1, 1955

Child Needs to Spend, Save and Share

Let your child spend money, but teach him to save and encourage him to share, advise two University of Illinois specialists in a recently published circular called "Your Child and His Money."

Miss Margueritte Briggs, child development specialist, Miss Catherine M. Sullivan, home management specialist, authors of the publication, say that children must have experience in spending in order to develop a philosophy and pattern of spending.

They suggest that you give your child money to spend for necessities as well as some for toys, shows, extra clothing or tools.

You can teach a child to save by letting him take part in family discussions of saving. But don't expect him to appreciate the value of saving for some vague or far-distant goal. And be careful that you don't emphasize saving to the point that the child saves when he might better spend.

With your help, your child can learn to enjoy sharing. Just as in spending, he will have to learn to make choices. Let him see how you share your money, and praise him when he does something generous. Then he'll continue in the right direction.

If you would like to have a copy of "Your Child and His Money," send your name and address to 331 Mumford Hall, Urbana, Illinois, and ask for free Circular 741.

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ZAB:sl
7/26/55

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 8, 1955

Note to Editor: The home adviser and the home bureau publicity chairman in your county have information about the participation of homemakers in your area.

Homemakers Engineer National Conference

Can you picture 52,257 women serving as hostesses and all for the same occasion? Nevertheless, that will be the situation when the National Home Demonstration Council meets in Chicago August 21-25.

Members of the Illinois Home Bureau Federation are responsible for all local arrangements for the conference, including the program for Illinois Night. Every one of the 52,257 members has been given a definite assignment either in planning for the conference or in carrying it through.

What is the secret? How can so many women work together in harmony? The answer is teamwork, according to Mrs. Milton Vaupel, president of the Illinois Federation. The members understand the importance of cooperation. They work together in their schools and churches as well as in their home bureau units. Many of them have held office, and many have served as local leaders.

Soon after the turn of the year. Mrs. Vaupel appointed committee chairmen. Each chairman was assigned a specific area of the state from which to recruit her helpers, and work was started immediately.

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One of the first jobs for women in the Kankakee-Chicago area was to plant extra flowers in home gardens. Their assignment was to supply flowers for the conference meeting rooms and for the luncheon and banquet tables.

Women in other areas of the state prepared costumes and properties for Illinois Night. Some wrapped gifts; others were assigned to make posters and signs for conference use. County publicity chairmen prepared news releases for local papers and announcements for local stations. A goodly number of women have participated in radio and television programs.

When the conference opens on August 21, Illinois homemakers will be on hand to greet the more than 3,000 women who are expected to attend from some 34 states and from several foreign countries. They will "man" registration and information desks, supervise special tour schedules, sell banquet tickets and take care of the 1,001 other tasks that always seem to march along with every national conference.

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JEH:sl
8/3/55

FOR RELEASE WEEK OF AUGUST 8, 1955

Prepare Complete Meal in Broiler

Use a low temperature when you broil meats, just as you do in any other method of cooking, advises a University of Illinois foods specialist.

Mrs. Barbara McGrath says a low temperature will result in more uniform cooking, less shrinkage, greater tenderness, no charring and less spattering--which makes the broiler easier to clean.

An exception to this rule is if you want a rare steak. Then use a higher broiling temperature so that the outside will brown faster and leave the inside pink and juicy.

However, don't limit the use of your broiler to cooking steaks. Ground beef, liver, lamb chops, canned or left-over meats and fish are all good when broiled. In fact, if you wish, you can cook a whole meal in your broiler.

Start with some appetizers, such as tart fruit sprinkled with sugar and cinnamon or small crackers spread with cheese, that have been broiled.

Slice potatoes, onions or tomatoes and broil on the rack with the meat. Or you may prefer to put a vegetable like corn, beans or peas in the pan and let the meat drippings flavor it as it cooks.

A simple dessert would be a variety of fruits, sprinkled with brown sugar before broiling. Or a quick and easy cake frosting might be a broiled topping, such as a mixture of butter, brown sugar, cream and coconut.

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EAB:sl
8/3/55

FOR RELEASE WEEK OF AUGUST 8, 1955

It Can Happen to You

Some member of a farm family will get hurt while you are reading this article, says O. L. Hogsett, University of Illinois extension safety specialist.

It will probably be a fall, a cut or a burn, although every day someone gets tangled up in a washing machine, sticks a finger into the meat grinder or forgets to shut off the gas in the kitchen stove.

Accidents in the home are steadily increasing in spite of better kitchen and laundry equipment, safer heating methods and better lighting.

The big question is: Why do home accidents continue to increase?

Carelessness is the cause of 90 percent of home accidents. Too much hurry, trying to do too many things at once and failure to watch what is being done.

Districtions are another big cause of accidents. It's difficult to do things safely when your mind is on something entirely different. Fatigue is frequently to blame. Without proper rest, no one can be alert and see an accident coming.

The main thing is to recognize these hazards and to remove them before an accident happens.

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OLH:sl
8/3/55

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 15, 1955

NHDC Conference Scheduled for Chicago

Rural and urban homemakers from 39 states, Puerto Rico and Hawaii will be in Chicago August 21-25 to attend the National Home Demonstration Council meeting. All of the sessions will be held at Hotel Conrad Hilton.

This is the nineteenth year in which the council has held a national meeting, and more than 3,000 women are expected to attend.

The conference will open Sunday evening with a vesper service. Dr. Paul Washburn, First Evangelical United Brethren Church, Naperville, Illinois, is the speaker, and members of the Illinois Home Bureau Federation are in charge of the candlelighting service. Mrs. Warren Mynard, Knox County, is soloist for the occasion.

Dr. Louis B. Howard, dean of the University of Illinois College of Agriculture, is the keynote speaker for the Monday morning session. His topic is "The Opportunities We Share."

Mrs. Kathryn VanAken Burns, state leader of Home Economics Extension will bring greetings from Illinois, and Miss Frances Scudder, director, Division of Home Economics Programs, U. S. Dairy Association, will speak for the Federal Extension Service.

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FOR RELEASE WEEK OF AUGUST 15, 1955

NHDC Conference Scheduled for Chicago - 2

No conference program has been scheduled for Monday afternoon in order to give out-of-state women an opportunity to see a bit of Chicago. Special bus tours have been scheduled to places of interest in and near Chicago. A number of women have indicated an interest in shopping.

Monday evening has been designated as Illinois Night. Since it is "fun" night and all plans are being keep secret, predictions are not in order. Mrs. Velma Groves, recreation chairman for the Illinois Home Bureau Federation, is in charge of the program.

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JEH:mi
8/9/55

FOR RELEASE WEEK OF AUGUST 15, 1955

Pacifiers Are Not Harmful

The pacifier is on its way back, much to the horror of many grandparents.

Dr. J. Richard Suchman, child development specialist at the University of Illinois, says pediatricians are recommending it to mothers whose babies seem to have an especially strong urge to suck, particularly if mothers object to thumbsucking.

According to Dr. Suchman, parents must realize that thumbsucking is not in itself a problem. Every child is born with the urge to suck. How much sucking is needed varies from one child to another.

Actually sucking is natural and makes good sense. If an infant couldn't suck, he would starve to death. Many children satisfy the sucking urge completely while they are nursing. This is particularly true of the breast-fed babies, who have to suck harder and are usually allowed to suck longer when they feed.

Until a baby has satisfied his urge to suck, he will take as many opportunities as he can find to do so. The thumb makes a good object for extracurricular sucking, but for parents who would prefer to see the baby use a substitute, the pacifier fills the bill nicely.

In the older child, thumbsucking may be due to other causes, such as unhappiness and other emotional disturbance. Forcing a child to stop might deprive him of an important source of comfort, aggravating the problem and ridding him only of a symptom.

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AMS:mi
8/9/55

FOR RELEASE WEEK OF AUGUST 15, 1955

Improve Low Sodium Diet With Spices and Herbs

Use spices and herbs to help improve the flavor of foods in a low sodium diet.

Miss Harriet Barto, nutrition specialist at the University of Illinois, says most spices and herbs are very low in sodium, and you can use as much as you enjoy without fear of adding too much sodium.

She suggests using cinnamon or nutmeg in potatoes mashed with cream or unsalted butter, or topping a baked potato with unsalted butter and finely chopped parsley. Fresh chives cut fine with your kitchen scissors will also improve the flavor of potatoes, carrots, scrambled eggs or cottage cheese.

All spice blends well with the sweet taste of carrots or peas. Or try peas with fresh mint, a mint sauce or sweet marjoram. Basil, she says, is good with fresh or stewed tomatoes.

Lemon adds zest and flavor to other foods besides fish. Try it on such vegetables as broccoli, carrots or beans. Once you have developed a taste for lemon on meat, you probably won't want to do without it. The famous wiener schnitzel, for instance, is always topped with a slice of lemon.

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AMS:mi
8/9/55

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 22, 1955

Thumbsucking Itself Is No Problem

Parents worry about thumbsucking far more than they need to, particularly during the first three or four years, according to a child development specialist at the University of Illinois.

Dr. J. Richard Suchman says the dental problems it may cause are far less common than one might suspect.

There are times when it's a real comfort for a child to have his thumb in his mouth. This in itself can't do much harm. But it can be a sign of other difficulties, which are increased when he is forced to stop.

Even though sucking is instinctive in babies, by the time a child is three years old or older the two main reasons for sucking his thumb are nervous tension and an insecure feeling.

If you would like to receive more information on this problem, write to 331 Mumford Hall, Urbana, Illinois.

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AMS:sl
8/16/55

FOR RELEASE WEEK OF AUGUST 22, 1955

Reducing Diet Not Necessarily a Special Diet

A reducing diet doesn't have to be a "special diet" that differs greatly from other nutritionally good diets.

However, Miss Harriet Barto, nutrition specialist at the University of Illinois, stresses the point that for your health's sake you need to follow a definite plan for food selection made by an authority.

Stick to the basic seven for food variety; they include the following groups:

1. Green leafy and non-leafy and yellow vegetables
2. Citrus fruits, tomatoes, raw cabbage or raw greens
3. Potatoes or other fruits and vegetables (cut down on potatoes when reducing)
4. Milk, cheese and ice cream
5. Butter and fortified margarine
6. Meat, poultry, fish, eggs, dried peas and beans (omit nuts and legumes because they are high in calories)
7. Whole wheat and enriched bread, enriched flour, and other cereals.

Include some foods from each of these groups in your menu planning. Avoid high calorie foods, especially rich salad dressings, Hollandaise or other rich sauces and gravies. Experiment with an open mind to find substitutes for cakes, pies, malted milks, etc.

When you reduce, make sure your diet is nutritionally adequate. You must eat a lot of different foods and not just what you like.

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AMS:sl
8/16/55

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 29, 1955

Sick People Need More Protein

Drink more milk and eat more eggs, meat and fish or other protein-rich foods to help you get well after an illness.

The human body loses large amounts of protein after surgery, shock, tissue trauma and muscle diseases, says a nutrition specialist at the University of Illinois. Reports show that as much as 30 pounds of muscle tissue may be lost following fractures and burns, the specialist says.

Protein loss may lead to further complications if the protein is not restored fast. Liver troubles, gastrointestinal upsets and ulcers may result from protein deficiency. Also, when the body is low in protein, fewer antibodies are formed that help fight infection and make it possible to resist disease.

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AMS:dw
8/22/55

FOR RELEASE WEEK OF AUGUST 29, 1955

Help Your Child Learn to Make Decisions

Learning to make decisions is part of a child's early training. It is up to you to give your child encouragement and practice in making choices for himself.

Dr. J. Richard Suchman, child development specialist at the University of Illinois, says to begin by giving your child simple choices between two unimportant alternatives. Then increase the number and importance of the choices as the child becomes ready to cope with more.

Learning to make decisions takes a great deal of practice; therefore, training should begin early. Begin by giving your child some choices as soon as he's able to distinguish between two different things. Make sure that he understands what the choice is and what the alternatives and their consequences are. Also, be careful to give him alternatives only in matters where you are willing to allow him a free choice. It will do no good to ask him if he would rather go to bed or watch television when you have already decided he must go to bed. Once you have given him freedom to choose for himself, don't go back on your word. If he makes a bad choice, he may profit by his experience.

By providing a great many opportunities for your child to choose for himself, you will help teach him a sense of responsibility.

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IBA:dw
8/22/55

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 5, 1955

Water Painting Fun for Children

A preschooler doesn't have to have real paint to have fun painting, according to a University of Illinois child development specialist.

Mrs. Millicent Martin says a brush and a tin can of water will suit him just as well. He will use his imagination and you'll find that his toys and equipment will get "painted" often.

Naturally, it is preferable to "paint" outdoor equipment and to do it outside. But on rainy days he might work in the basement or garage or on a porch. Of course, you will have to set limits on what is and isn't "paintable."

Incidentally, water painting is a good way to get toys and equipment clean. You'll find that children often find it fun to use a cloth and a pan of soapy water to do the job, says Mrs. Martin--which is even better.

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ZAB:sl
8/30/55

FOR RELEASE WEEK OF SEPTEMBER 5, 1955

Put Nutrition in Refreshing Beverages

A tall, icy drink on a hot day will contribute to both physical comfort and morale. If it is well chosen it can also contribute to good nutrition, according to a University of Illinois foods specialist.

Miss Geraldine Acker suggests using hot-weather thirst quenchers that are nutritious as well as refreshing.

Nutritious, easy-to-prepare beverages may be made from milk, eggs, fruit or vegetable juices, sugar, flavorings and spices. Use your own imagination and you'll come up with some drinks that really "hit the spot."

For instance, have you ever had fruit buttermilk? It's simple enough. Just combine 3 cups of thick buttermilk, 1½ cups of canned fruit juice, and 3 tablespoons of sugar. Stir until the sugar dissolves, and serve well chilled.

Or how about some pineapple egg punch? To make five servings, scald one cup of milk in a double boiler. Beat 2 egg yolks until thick and light-colored with 1/2 cup of sugar and 1/8 teaspoon of salt. Four the scalded milk over the egg yolk mixture, stirring until blended. Then chill. Just before serving, add 3 more cups of milk and a 9-ounce can of crushed pineapple (pulp and juice). Then beat 2 egg whites until stiff and fold them into the rest of the mixture. Serve at once.

You might also like to try mixing tomato juice with various seasonings, such as Worcestershire sauce, lemon juice, vinegar, horseradish and celery salt. Or try combining several kinds of fruit juices.

Just make it nutritious!

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ZAB:sl
8/22/55

FOR RELEASE WEEK OF SEPTEMBER 5, 1955

Variety Makes a Meal

You can't blame your family if they take a half-hearted interest in your meals when they know it's soup for lunch on Monday because it's washday, stew for supper because it's Tuesday or pot roast for dinner because it's Sunday.

Miss Mary McAuley, foods specialist at the University of Illinois, says these may all be fine meals. But to really enjoy and anticipate food, you need variety. Not only do you need variety in your entire meal pattern, but also in the texture, flavor and shape of the foods you combine in one meal. And you need variety in temperature and color too.

Serve something crunchy with an otherwise soft meal--for instance, a crisp salad with maccaroni and cheese. Don't combine too many foods with strong flavors in one meal because they compete and don't blend. But don't go to the other extreme and serve all bland foods, Miss McAuley warns. Choose something to give accent to your meal.

Variety in shape is another requirement for an attractive meal. Be sure the foods you serve are not all so round that they roll away from you or so long that they seem to stab you.

To really win a hostess fame, the temperature of the food she serves must also show contrast. Serve at least one cool, refreshing food on a cold winter day. And remember that one hot food or beverage will be enjoyable even on summer's hottest day.

And, finally, an attractive meal has eye appeal--so be sure to have variety in color.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 12, 1955

Have Fun Making Picture Books for the Toddler

The entire family can have lots of fun making picture books for the toddler which cost just a few cents.

Dr. Nellie L. Perkins, child development specialist at the University of Illinois, says to cut colorful action pictures of animals, trains, boats, airplanes and automobiles from old magazines. Tiny tots also like pictures in which they can find children and parents. Other favorites include household, barn, field, or yard activities.

Old window shades or unbleached muslin cut up and made into scrapbooks is excellent for mounting the pictures. Bind the page edges with bright colored tape. This makes page turning easier and adds a decorative note.

If you make the first books only 4 or 5 pages long and gradually increase the number of pages to 10 or 12 in later books, you'll have a series which provides for increasing motor skill and longer and longer duration of attention.

Give everyone in the family a part in the project. The older children will enjoy selecting, cutting, and pasting pictures, and their contribution will give them a feeling of importance.

When the books are finished, give them a special place in the bookcase--the lowest shelf is best. Then, as the toddler grows, he will replace these with his own "real" books.

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CPE:sl
9/6/55

Is Your Rug Faded or Shaded?

Take a look at your rug or carpet. If it looks dark in some places and light in others, this is due to the lay of the pile.

Miss Florence King, a textile specialist at the University of Illinois, explains that the tufts of most rugs and carpets have a natural slope in one direction. This slope is known as the lay of the pile.

By rubbing your hand across the surface of the rug, first in one direction and then in the other, you can determine the direction of the pile very easily. The lay is the direction that feels smooth. The other direction feels rough and irregular.

The color appears to be lighter in the direction of the lay. Almost all floor coverings show shading because there are differences in reflections of light between the pile in its smooth state and in its ruffled state.

Shading is especially noticeable on those parts of the rug that are used most. Shading does not mean that the rug is faded or that there is a defect in construction. In fact, an expensive, deep-pile covering will show more shading than a cheaper, short-pile one.

You can help retard shading to some extent by running the vacuum or carpet sweeper in the direction of the pile.

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IBA:sl
9/6/55

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 19, 1955

Household Space Study Aids Builders and Designers

Household space requirements attract the interest of small home builders and designers as well as today's homemakers.

A recently completed pilot study of space requirements for household activities by Helen E. McCullough, University of Illinois associate professor of housing research, has stirred interest throughout the country.

The home economics research branch of the U. S. Department of Agriculture, Pennsylvania State University, Alabama Polytechnic Institute and Washington State College thought the project so worth while that representatives met with Miss McCullough to learn more about it. They will help to expand the project by continuing unified research studies and measurements in their respective schools.

The current project is a follow-up of studies on home laundry space, kitchen storage and storage for the entire house which Miss McCullough has made. She needs about 50 women between 20 and 70 years of age to carry on the current study.

In the pilot study, six women of different ages and sizes were selected to measure 21 activities dealing with the use of common

-more-

household furniture and equipment. Two men were used in a limited number of these activities.

Space required for basic walking activities and two people passing was also measured.

Movable partitions in the "space house," in which the study was conducted, aided workers in taking adequate measurements and photographs.

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MVB:sl
9/14/55

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 26, 1955

Message to Parents of Preschool Children

Preschool children search for new experiences. This is the age of exploration. You protected them as infants; now you must teach them to protect themselves, says O. L. Hogsett, safety specialist of the University of Illinois.

Victims of fatal poisoning accidents are usually children under five years. Poisonous substances in kitchen and bathroom belong either in locked cabinets or high out of tots' reach.

One out of five deaths due to burns involves a child under five years. Teach your child the dangers of bonfires and matches. If rubbish and leaves are to be burned, burn them in a wire mesh basket.

From the time your child is very small, he can learn a few fundamental safety rules--one at a time and not too many. Teach him to avoid such things as ranges, electrical equipment and sharp instruments. Later, after he learns rules primarily for his own safety, he can learn to consider other people's safety too.

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OLH:sl
9/21/55

FOR RELEASE WEEK OF SEPTEMBER 26, 1955

Note to the Editor: This is the first in a series of four articles on breakfasts that will be released weekly for the next four weeks.

Don't Neglect Breakfast

Set the alarm early enough to allow time to eat a substantial breakfast every school and work-day morning.

From one-fourth to one-third of the nutrients needed daily for a well-balanced diet should be eaten at breakfast, says Harriet Barto, associate professor of dietetics at the University of Illinois.

Just as your car needs fuel in order to run properly, your body also needs fuel foods. A motor needs no fuel when stopped, but your body always works whether you're resting or moving around. An average-sized woman, weighing about 130 pounds uses about 50 calories an hour when she's sleeping. In other words, as long as you live, your energy need is never zero.

The stretch between dinner and breakfast is generally 12 or 14 hours, the longest time between meals. Thus the first meal of the day breaks the night-long fast and gains the name "breakfast." If the first meal is lunch, it's been too long a fast for the body to run efficiently.

Morning hours should be the most productive ones. Only by eating a good breakfast can you stay physically and mentally alert at this time.

And what is a good breakfast? The second in this series of articles on breakfasts will give you good breakfast patterns.

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MVB:sl
9/21/55

FOR RELEASE WEEK OF SEPTEMBER 26, 1955

Serve Community Through 4-H Leadership

With 1,832 more girls in Illinois home economics 4-H Clubs this year than last, more leaders and a year-round program are needed, says Anna Searl, in charge of home economics 4-H Club work at the University of Illinois. The total 1955 Illinois enrollment is 34,231 girls.

A 4-H slogan is "Serve Your Community Through 4-H Club Leadership." Remember it and see if you can fit 4-H work into your schedule beginning now.

A sincere interest in children is the main requirement for a 4-H leader. So don't worry if you haven't done any 4-H work before. Before taking over a club, new leaders attend training schools in which home advisers and 4-H club specialists explain the activities and projects.

A 4-H Club can be formed by five or more members between 10 and 21 years of age and a volunteer leader. Home economics clubs average about 15 or 20 members.

More and more clubs are organizing on a year-round basis. Previously spring and summer activities and projects were stressed most. They often centered around outdoor living and playing. However, party-a-month and handicraft projects are popular 12 months a year.

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MVB:sl
9/21/55

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 3, 1955

1956 4-H Clothing Leader Training Program

The 1956 4-H clothing leader training program is scheduled for the first two weeks in November, says Mrs. Irma Hays, state 4-H staff member at the University of Illinois.

Mrs. Hays and Florence Kimmelshue, also a 4-H state staff member, will conduct district training meetings throughout the state.

Two leaders skilled in clothing construction will attend from each county. They in turn will conduct training schools in their home counties for local clothing club leaders.

These representatives will bring their own sewing machines and practice new ideas given by the state specialists. According to Mrs. Hays, this method of instructing 4-H clothing leaders will help them better understand the position of a 4-H clothing club member as she learns clothing construction.

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MAP:dw
9/28/55

FOR RELEASE WEEK OF OCTOBER 3, 1955

From Field Duck to Table Duck

Shooting a duck is only part of the hunt. If you bag it, take care of it.

Caring for the bird in the field is important in serving a delicious bird at the table, says Geraldine Acker, University of Illinois foods specialist. To have a real table delicacy, you'll need to bring home a well-cared-for bird to the cook.

First, remember to keep the game dry. A game carrier or hunting coat with game pockets is good for this purpose.

Plan to cool the bird soon after shooting. Keep it cool on the way home too. Carelessly throwing a bird into a hot car trunk means that it will go into the garbage pail when you get home. If you hunt a great deal, you'll find a portable refrigerator a good investment.

Pick the bird soon after you come home. Picking, rather than skinning, is recommended for duck. Birds with the skin on don't dry out so much in cooking as birds that have been skinned. Most hunters have favorite ways to pick duck. Follow your system, being sure to remove all pin feathers.

Now draw the duck. Cut the head, feet and wings from the body. Slit the abdomen and remove all internal organs. Save the heart, gizzard and liver, because they are nutritious as well as tasty.

Instead of washing, wipe the drawn duck with a clean damp cloth. Washing removes much of the flavor.

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From Field Duck to Table Duck - 2

Place the giblets in the abdominal cavity. Wrap the duck loosely in waxed paper and refrigerate until needed. Expert game cooks prefer birds that have been refrigerated for two or three days. They say this storage time improves the flavor and texture of the bird.

To freeze duck for prolonged storage, use good packaging materials. Wrap tightly in freezing paper, or place in cellophane or polyethylene freezer bags and seal.

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MVB:dw
9/28/55

FOR RELEASE WEEK OF OCTOBER 3, 1955

Note to Editors: This is the second in a series of four articles on breakfast released weekly for four weeks.

A Pattern for Breakfast

Some dress patterns fit, but others need altering to get the best fit. The same is true of breakfast patterns.

A good basic breakfast pattern includes fruit, cereal and/or eggs, milk, bread and butter or fortified margarine, says Harriet Barto, associate professor of dietetics at the University of Illinois.

Fruits come to market in various ways today--fresh, frozen and canned. Citrus fruits, like oranges, grapefruit and tomatoes, are natural breakfast foods. Half a glass, or 4 ounces, of orange or grapefruit juice goes a long way toward meeting the daily requirement of vitamin C. Tomatoes contain a good deal of this vitamin but, remember, it takes about twice as much tomato juice as orange juice to give the same amount of vitamin C.

Today you can choose breakfast cereals to suit your personal taste. All common grains grown in the United States are used whole, shredded, flaked, puffed, ground, or enriched to give a large cereal selection.

Eggs ought to appear on the breakfast table at least three or four times a week. Somehow it's more natural to serve them for breakfast than for lunch or dinner.

Milk is too often missing in today's menus. It's the best source of calcium needed for strong bones and teeth, so start the day off right with some milk. Children need a quart a day, and adults need

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at least a pint. Milk is a food. Coffee, although it is a pleasant-tasting beverage, can never replace milk. However, both can be drunk at the same meal.

Whole wheat, enriched white or rye bread adds interest to a any breakfast table. Serve any of them plain, with jelly, cinnamon or fruit butters or as French toast.

Butter or fortified margarine helps to make the meal stick to your ribs until lunch time and adds flavor and vitamin A too.

You add different collars or pockets to basic dress patterns, so pep up basic breakfasts too. How about using a blend of cranberry or loganberry juice with a citrus fruit juice? Or a pinch of herbs, chopped chives or crumbled bits of bacon or sausage to perk up scrambled eggs? Or cold potatoes diced, heated in a little fat and scrambled with eggs?

Check your breakfast for these three points: Does it supply you with protein, minerals and vitamins to keep you healthy? Does it give you fuel for body energy? Does it taste good?

The effect of omitting breakfast will be taken up in the third of this series of breakfast articles.

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MVB:dw
9/28/55

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 10, 1955

Pick Tomatoes Before Frost Nips Them

A light frost may nip your green tomatoes one of these October days, so bring them indoors to ripen before frost, says N. F. Oebker, University of Illinois assistant professor of horticulture.

For the best tasting tomatoes, pick only sound, well-matured (but not ripe) tomatoes off good-quality vines. Store them in a shallow tray, or similar container, at about 65° F. Keep them in indirect light until they're ripe, and then put them in the refrigerator until you're ready to serve them.

Don't ripen them in direct sunlight. This false idea results in "splotchy" tomatoes. On the other hand, don't put them in the refrigerator to ripen, because this stops them from ripening and they become watery.

Also, store in a relatively moist place. This keeps them from drying out so much.

After ripening these green tomatoes, let your imagination go and serve them to your family in slightly different ways. Finely minced onion adds zest to broiled tomatoes. Grated Cheddar or Parmesan cheese is a good topper too. You can also halve them and top with buttered bread, cracker crumbs or cereal flakes before broiling.

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MVB:sl
10/5/55

FOR RELEASE WEEK OF OCTOBER 10, 1955

Note to Editors: This is the third in a series of four articles on breakfast released weekly for four weeks.

Breakfast Can't Be Made Up

If you miss a train you can catch the next one, but that isn't true when you miss breakfast.

Although the calories you miss in breakfast can be made up in later meals, the other nutrients can't, says Harriet Barto, associate professor of dietetics at the University of Illinois.

Five years' research shows that "breakfast-skippers" harm themselves more than anything else by catching a few extra winks of sleep instead of a good breakfast. They are less alert and efficient than people who've had a balanced breakfast.

A mid-morning snack may get you over the hump until lunch. But it won't make up for a poor breakfast. These snacks may fill and satisfy you for a while, but they offer you too little nutritional value.

Women who either eat a skimpy breakfast or skip breakfast entirely are slower in work and reactions and tend to have less steady nerves than women who eat nutritionally good breakfasts. Drinking only coffee has the same effect as no breakfast.

Men studied for breakfast-eating habits showed reactions even more marked than women's. Where women could "last" through the morning hours, men complained more often of being hungry, and some were dizzy and nauseated after a lot of exercise. These men did more and better work after eating adequate breakfasts.

The idea of losing weight by skipping breakfast will be taken up in the last of the series of articles on breakfast.

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MVB:sl
10/5/55

FOR RELEASE WEEK OF OCTOBER 10, 1955

Farm Wives Can Help Reduce Accidents

Wives of Illinois farmers can help their husbands through the fall harvest season with less chance of accident by encouraging mid-morning and mid-afternoon breaks, says O. L. Hogsett, safety specialist at the University of Illinois.

The best way to stop a busy farmer is to tempt him with some refreshments, a cool or hot drink and some cookies or cake.

Records show that a distinct peak in farm accidents comes at about 10 a.m. and 4 p.m. each day. With several hours of hard work already behind him and quitting time still a long way off, a farmer tends to become careless and may actually be "lulled into an accident."

The little time lost for the breaks can easily be paid for if an alert operator prevents an accident. The important thing is to get him to take a brief rest, even if it takes your best dessert to do it.

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OLH:sl
10/5/55

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 17, 1955

Care Important for Fur-Like Coats

When buying a fur-like coat of Orlon and Dynel, consider the care it needs, says Virgene Griffin, graduate student in textiles at the University of Illinois.

Cleaning costs for these coats run about the same as for real fur coats. For best results, have them cleaned by furrier methods. This is a "dry" method. The solvents and heat used in regular dry cleaning often distort the pile.

Some stores include the first cleaning in the retail price. Others ask you to bring the coat back and let them clean it the first time.

One of the big selling points of furlike coats is the fabric's moisture resistance. If you get rain or snow on the coat, you just shake it off, hang the coat up and let it dry away from heat.

However, moisture applied with heat damages the fabric. So don't steam your coat; just hang it up and let the wrinkles fall out.

Hang it on a broad hanger. A wire hanger leaves a line on the fabric. And don't hang it too close to other garments, because they may push the pile down and make it look matted.

Summer storage is no problem because these coats are mothproof and mildewproof besides being odorless when wet.

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MVB:sl
10/12/55

FOR RELEASE WEEK OF OCTOBER 17, 1955

Note to Editors: This is the last in a series of four articles on breakfasts.

Skipping Breakfast Doesn't Take Off Pounds

Skipping breakfast doesn't help you take off those extra pounds.

This mistaken idea of losing weight by omitting breakfast causes many women and girls to feel sluggish and cross and to slow down, says Harriet Barto, associate professor of dietetics at the University of Illinois.

Skimping on breakfast can only mean that you are cheating your body of its nutritional needs. Remember that it's been a long time since last night's dinner, and your body needs breakfast to function properly until noontime.

If you cut down or omit the morning meal, you will be more likely either to snack before lunch or to eat more than you need at the regular noon meal. You'd be better off if you ate a moderate breakfast.

Protein ought to be included in every breakfast. It has a "staying power" that takes you through the morning without feeling so hungry. Then you won't want to eat so much when the noon whistle blows. That makes it easier to follow your planned diet.

The best way to control body weight is to decide the daily amount of food you need and to eat just that much--no more, no less. A homemaker may need from 1,600 to 2,300 calories a day, depending on her size and kind of activities.

Sound dieting calls for cutting down on calorie intake by eating simple lunches and omitting between-meal nibbles. Never skimp on breakfast. There are about 200 calories in a breakfast of 1/2 cup citrus fruit juice, an egg, lightly buttered toast and unsweetened coffee, and at least 350 calories in a gooey dessert you think you can eat because you skipped breakfast.

Remember, eat a good breakfast if you want to lose, gain or keep the same weight. You owe it to your body.

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MVB:sl
10/12/55

FOR RELEASE WEEK OF OCTOBER 17, 1955

Consider Safety in Selecting Work Clothing

Appearance, comfort and price are what most women think about when selecting clothes.

But how many women think of dressing safely as well as attractively, asks O. L. Hogsett, safety specialist at the University of Illinois College of Agriculture. Improper clothing is responsible for many accidents in the home.

Wide sleeves on housedresses may look smart. But they are likely to drag across the flame of the range and catch fire. Large pockets often catch on stoves, refrigerators and door handles and cause mishaps. Plastic aprons are hazardous around the stove because they may ignite easily.

High-heeled shoes and run-down heels are another hazard in the home. Many women feel that they must wear out at home the high-heeled shoes they have discarded for dress wear. As a result, they wear them for working, become tired quickly and set the scene for accidents that are more likely to occur when a person is fatigued. Catching high heels in the ripped hem of a dress in going down the stairs may cause a sprained ankle or a broken leg.

A good pair of shoes with comfortable heels for work will pay off many times in comfort and safety.

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OLH:sl
10/12/55

FOR RELEASE WEEK OF OCTOBER 17, 1955

All Cheeses Need Same Basic Care

If your family's tastes run from Parmesan to Limburger cheese, you still follow the same pointers in storing and using, says Dorthy Figge, University of Illinois foods specialist.

A heavy wax paper or foil is excellent protection for cheese in storage. If you have neither, a covered dish will do. Cheese tastes and keepsbetter when stored in a refrigerator.

Cook all kinds of cheese at low temperatures because, like any protein food, they toughen with high heat. When you can, melt them in a double boiler or chafing dish instead of over direct heat.

Since cheese is a concentrated food, serve it in small amounts, but often. Three ounces of cheese has about the same food value as 10 ounces of milk. Don't serve cheese chilled. The flavors of all varieties are best when neither cold nor overwarm. For a pleasant contrast in texture, serve cheese with a crisp food.

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MVB:sl
10/12/55

for weeklies

Homemaking news

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 24, 1955

Treat World's Children to UNICEF Halloween

Turn your child's tricks into treats for children in other parts of the world this Halloween through UNICEF, United Nations International Children's Emergency Fund, says E. H. (Duke) Regnier, University of Illinois rural recreation specialist.

This is actually a community Halloween project because ministers, group leaders and teachers plan the program and sign up trick or treaters to canvass from door to door for contributions to this UN organization.

Administrators of the fund, begun in 1946, estimate that 100 million infants and children in underdeveloped areas have received food and medical care.

Other community activities, like costume parades that end in bonfire programs and refreshments or perhaps song or game programs in community centers and schools, will cut down the usual Halloween destructive pranks. If your child wears a costume to any of the events, be sure to treat it with a fire-retarding solution.

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MVB:sl
10/19/55

FOR RELEASE WEEK OF OCTOBER 24, 1955

Fall Vegetables Blend Into Table Arrangements

Jolly Mr. Pumpkin usually loses the spotlight after Halloween, but you can feature him effectively in a fall table arrangement.

Pumpkins or colorful fall squash, knobby cauliflower or snappy turnips lend themselves naturally to fall arrangements, says Dorothy Iwig, University of Illinois home furnishings specialist.

For most effective displays, use only vegetables (like these), only fruits (such as Concord grapes, rosy-red apples, or deep-hued plums) or a combination of only one of these and some greens. But don't combine several fruits and vegetables or the display will lose its effectiveness. Add a few nuts, branches, grasses or such items to change the texture.

You don't need elaborate containers. A heavy pottery, metal or wooden tray or even a chopping board is suitable for most arrangements. If you use a board, put suction cups on the bottom so that the wood won't sweat and damage the table top.

Select one center of interest and keep everything else secondary to it. Be sure to have color unity and balance in your arrangement. Keep the heavier part of the display low, and let the lighter parts, like branches, reach out.

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MVB:sl
10/19/55

FOR RELEASE WEEK OF OCTOBER 24, 1955

Retard Halloween Fires With Homemade Solution

Glowing jack-o-lanterns catch children's fancy, but don't let them set fire to your child's garments this Halloween.

Make your own fire-retarding preparation and use it at Halloween or any time you think there's chance of fire around clothing, says Florence King, University of Illinois textile specialist.

Mix 7 ounces of borax, 3 ounces of boric acid and 2 quarts of water. Either spray this solution on or dip cloth garments in it. Since this is a temporary fire-retarding agent, you can use it on sheets, pillowcases or the like and, after the costume has served its purpose, wash it out.

You can use this same solution on crepe paper. However, you must spray it on. Salt crystals of the solution will probably form, but they will glisten and add an extra touch to the costume.

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MVB:sl
10/19/55

for weeklies

Homemaking news

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 31, 1955

IHEA Convention Features Family Court Judge

Judge Paul Alexander of the Family Court Center in Toledo, Ohio, is a principal speaker at the 34th Illinois Home Economics Association Convention in Chicago November 4 and 5.

In addition to home economics specialists in teaching, research and extension, the convention is open to anyone else who is interested. Convention headquarters are the Sherman Hotel.

Judge Alexander's topic at the Friday night banquet will be "The Importance of Interpersonal Relationships on Life Adjustment Patterns." At present he is judge of the Division of Domestic Relations and Juvenile Court in Toledo and vice chairman of the National Juvenile Court Foundation. He is also an advisory board member of the National Council on Family Relations and chairman of the American Bar Association's committee on divorce and marriage laws and family courts.

Setting the stage for the entire convention will be Dr. Pauline Park Wilson Knapp, director of the Merrill-Palmer School in Detroit. Dr. Knapp will address the group Friday afternoon on "Behavior Has Early Beginnings." She is active in the National Council of Family Relations, the National Association of Nursery Education and the

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Association of Childhood Education. She is also co-author of "Women After College" and "Education for Continuity of Care."

Frank L. Teuton of the Agricultural Research Service of the U.S. Department of Agriculture will address the group on "Research Programs Affecting Family Living" Saturday morning at the eye-opener session.

A fashion show featuring colors in the home will be presented Saturday afternoon by Jane Kissel, head of the consumer color research department of the Martin-Senour Paint Company.

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Include Your Child in Home Activities

If your child is unhappy about going to school because he thinks he is missing out on home activities, make him feel that you are saving the most important ones for him to join in, says Margueritte Briggs, University of Illinois child development specialist.

Go to the grocery store or visit friends and relatives after he comes home from school so he will feel that he has a part in the things you do.

Encourage him to talk about his school activities and friends. They're important to him, so make them important to you too. Your advice and interest will help him overcome many demands that school makes on him.

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MVB:sl
10/26/55

FOR RELEASE WEEK OF OCTOBER 31, 1955

Cheese, a Handy Helper for Homemakers

Recruit cheese as a handy kitchen helper from dawn 'til dark.

Cheese contains a variety of food substances your family needs, so serve it in a variety of ways, says Dorthy Figge, foods specialist at the University of Illinois.

Begin the day with poached eggs, but not in the usual way. Grease a shallow glass baking dish, and dust it with fine bread crumbs and Parmesan cheese. Poach eggs and put them carefully in the dish. Then pour cream of mushroom soup over them. Sprinkle with bread crumbs and cheese, dot with butter and broil until the cheese melts and the crumbs are brown.

Cheese sandwiches usually ring the bell with youngsters. But pep them up by putting some prepared mustard on the cheese the next time. Then dip in a mixture of beaten egg and a little cream and fry. Be sure to serve hot.

Combine plentiful cheese and apples in a casserole. Butter the casserole and line it with fine crumbs. Put in alternate layers of sliced apples and grated Cheddar cheese until the dish is full. Cover with milk and sprinkle crumbs on the top. Dot with butter and bake until the apples are tender and the top brown.

As the evening wears on and you want to nibble on something, reach for a package of potato chips and cheese. Spread the chips on shallow baking pans. Sprinkle with generous amount of grated Parmesan or sharp American cheese. Put in a hot (400° F.) oven for about 10 minutes and then "clean up" the pans.

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MVB:sl
10/26/55

FOR RELEASE WEEK OF OCTOBER 31, 1955

Keep Children Away from Corn Picker

Children may like to watch a corn picker and elevator. But be sure they watch from a safe distance, says O. L. Hogsett, safety specialist at the University of Illinois.

Many moving gears, belts and shafts can't be shielded practically, and every exposed moving part invites injury to children playing near by.

It's particularly dangerous to let children ride on pickers or tractors even with an adult. Running a picker, and doing it correctly, leaves no time to watch curious youngsters.

If your children want to feel that they have a part in the corn harvest, let them go with you when you take lunch to the field.

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OLH:sl
10/26/55

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 7, 1955

Pork and Apples Score Family Hit

Pork and apples have a way of bringing a family to the table on time, and now is the time to serve them because they're both plentiful, says Dorthy Figge, University of Illinois foods specialist.

Why not treat your family to a fall dinner of pork chops with apple stuffing tonight. You'll need thick rib chops for this.

Cut along the rib bone and into the meat, making a pocket for the stuffing. Then fill each pocket with a generous supply of thin apple slices. Brown the chops, cover and cook slowly for 45 minutes to an hour.

The next time you serve apples, quarter them and brown in pork drippings. Or try a casserole. Brown the chops and put them into a casserole with apples and sweet potatoes. Cover and bake at 350° F. for an hour.

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MVB:sl
11/2/55

FOR RELEASE WEEK OF NOVEMBER 7, 1955

Picture Projects Part of '56 4-H Work

Picture projects help 4-H girls appreciate art and apply it to their daily living.

These picture projects make up part of the 1956 4-H room improvement work, says Mary McKee, University of Illinois state 4-H staff member.

The projects are planned for two age groups. Members up to high school age learn about the artist and his life, while older members study the composition of the pictures and learn to frame and hang them.

The younger girls study eight prints in each of three projects, Pictures of the Out-of-Doors, Pictures of People and Pictures on Your Walls. They see how the artist uses line, color and harmony in his paintings.

Older group projects are Thru the Eyes of the Artist and Pictures for Pleasure. In addition to framing and hanging pictures, these girls study the art of the United States and other countries.

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MAP:sl
11/2/55

FOR RELEASE WEEK OF NOVEMBER 7, 1955

Fiberglass Fabrics Make Versatile Curtains, Draperies

From kitchen to bedroom you can use fiberglass curtains and draperies throughout your home. Manufacturers offer this fabric in various sizes and colors.

You can buy these curtains and draperies ready-made in department stores. Or you can buy the fabric and make them as you would any other curtains and draperies, says Florence King, University of Illinois textile specialist.

Fiberglass panels or ruffled curtains may look heavy when draped at a window, but this heaviness helps to make them hang evenly.

Fiberglass is woven from spun glass threads. It wears out easily because the threads cut each other when rubbed together. An oil treatment is being used in an effort to make the material wear better, but the oil attracts dust.

You'll like the way fiberglass resists insects, mildew and sun. It's also easy to launder, dries fast and never needs pressing.

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MAP:sl
11/2/55

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 14, 1955

Dress Up Pork Roast With Stuffing

Dress up your next pork roast with stuffing.

Ask your retail meat man for a cushion-style picinc shoulder. This is one in which he's removed the arm bone from a fresh picnic, sewn the shoulder where he removed the bone and left one side open for stuffing, says Dorthy Figge, University of Illinois foods specialist.

Your choice of stuffing is wide. Pep up your favorite bread stuffing with chopped apples. Or add chestnuts and one teaspoon of grated lemon rind to the basic stuffing. Or use a rice and sausage filling.

After stuffing the cushion shoulder, skewer or sew the opening and roast the same as you would a pork loin. Allow 35 to 40 minutes a pound for cooking.

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MVB:sl
11/9/55

FOR RELEASE WEEK OF NOVEMBER 14, 1955

Roast Pheasant, Then Make Feather Hat

Enhance your fall wardrobe with a pheasant hat made from feathers of the bird your hunter bags this season.

The hat will be easy to make and also easy on your pocketbook. You'll need a buckram frame, adhesive, glue, sheet wadding, an old nylon stocking and hair net, binding, needle, thread and the feathers, says Mrs. Lorraine Trebilcock, University of Illinois clothing and textiles specialist.

You must skin the pheasant, although the skin itself isn't used on the hat. Skinning is necessary because you must put the feathers on the hat the same way they were on the bird. When you're ready to make the hat, just snip the feathers off the cured skin.

Some hunters say the roasted bird loses much flavor when skinned. However, experienced game cooks say the flavor increases when the pheasant has been skinned.

To cook a skinned pheasant, either put strips of bacon across it and roast in a covered pan or coat the entire bird with cooking oil or butter, cover tightly with a double thickness of aluminum foil and roast in an open pan.

For full information on removing and curing pheasant skins and making the hats, write to the College of Agriculture, Mumford Hall, University of Illinois, Urbana, Illinois.

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MVB:sl
11/9/55

FOR RELEASE WEEK OF NOVEMBER 14, 1955

4-H Girls Can Make Clothing Gifts

Girls who are or have been enrolled in 4-H clothing projects can make clothing articles for Christmas gifts. They can use their project books for ideas and sewing instructions, says Florence Kimmelshue, state 4-H staff member at the University of Illinois.

Good items for girls with little sewing experience to make are a skirt and scarf, blouse or apron. Girls with more experience might make a dress or use more detail in skirts and blouses.

A blouse with an outside facing to match the skirt fabric is a complete outfit in itself. An apron with trim of tiny bells or metallic thread makes a bright gift for the holidays.

Making gifts for special occasions helps a girl tie her 4-H project in with everyday living. And handmade gifts seem to have an extra-special meaning.

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MAP:sl
11/9/55

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 21, 1955

29 Illinois 4-H'ers To Attend Club Congress

Twenty-nine Illinois 4-H Club members will attend the 34th National 4-H Club Congress from November 27 through December 1 in Chicago. Headquarters for the meeting are at the Conrad Hilton Hotel.

Delegates will strive to better their relations with others through this year's theme, "Improving Family and Community Living."

More than 1,700 delegates and leaders from all 48 states, Alaska, Hawaii and Puerto Rico and visitors from 23 other countries are expected to attend.

More than 50 organizations will sponsor educational tours, meal events and entertainment during the week. Group discussions, addresses by prominent speakers and talks with delegates and visitors from foreign countries will highlight other sessions.

Club Congress recognizes and highlights contributions of 4-H Club work to improved living. It is planned and conducted jointly by the Extension Service and the National Committee on Boys and Girls Club Work. Top members and leaders meet to cite their accomplishments, to exchange ideas and to set new goals.

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29 Illinois 4-H'ers To Attend Club Congress - 2

All 4-H Club Congress delegates are educational award winners in programs conducted by state and federal extension services. Various business firms, foundations and individuals provide awards as incentives to 4-H accomplishment. These awards are administered through the National Committee on Boys and Girls Club Work, a citizens' group that supports the 4-H program.

Illinois 4-H delegates attending Club Congress are Mary Lee Arntzen, Macomb; Larry Berlage, Elizabeth; Loren Boppart, Woodstock; Frances Davis, Jerseyville; Delbert Denby, Girard; Joyce Douglas, Karnak; Alice Dozier, Divernon; Jim Etherton, Carbondale; Tom Fassler, Goreville; Kaye Greenwood, Kinmundy; Judith Hage, Yorkville; Mary Linn Hogan, Ringwood; Phil Jones, Richview; Carolyn Konneker, Carlinville.

Larry Lewis, Ursa; Franklin S. Lyford, Jr., Belvidere; Robert Marshall, Cuba; Mary Ann Mattingly, Paris; Frances Nelson, Wataga; Ralph Pool, Eureka; Eldon Rebhorn, Oswego; Jim Short, Petersburg; Eugene Schick, Elgin; Frederick Trulson, Milan; Verna Vogt, Metropolis; Allen Wagner, Marissa; Elaine Werkheiser, Kewanee; Shirley Willis, Stockton; and Eleanor Yordy, Morton.

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MVB:sl
11/16/55

FOR RELEASE WEEK OF NOVEMBER 21, 1955

Make Your Hunter's Tough Birds Tender

If your proud hunter brings home a tough bird, don't think you must serve a tough one, says Geraldine Acker, University of Illinois foods specialist.

Marinating game meat in a vinegar solution in your refrigerator for 72 hours or longer will tenderize tough meat. You can make this solution of one-fourth part vinegar, three-fourths part water, sugar and seasoning.

Since wild birds are often dry, it's good to wrap them in salt pork slices and baste them often with salad oil while roasting. Placing bacon strips on the breast has the same effect because the grease seeps into the meat and makes it more tender.

Steam from moist dressings makes meat more tender too. You might try a wild rice dressing--boiled wild rice seasoned with salt, pepper and chopped onion. Or you could stuff the bird with a sliced apple or whole peeled onion. Sprinkle with salt and pepper, cover the breast with two thin slices of fat salt pork and truss. Remove the apple or onion before serving.

When roasting ducks, cover them with a greased cloth and baste frequently to keep the skin or outer surface moist. For a crisp skin, baste often with fat and sprinkle with flour after each basting.

Cooking in a covered roaster keeps meat moist too.

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MVB:sl
11/16/55

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF NOVEMBER 28, 1955

Quick Treatment May Prevent Rheumatic Fever

Medical research studies show that streptococcal sore throat and other "strep" infections may lead to rheumatic fever.

With this knowledge rheumatic fever and rheumatic heart disease may now be prevented, says Pauline Brimhall, University of Illinois health specialist.

Further studies show that treating "strep" sore throat promptly with penicillin will prevent rheumatic fever in almost 100 percent of the cases.

Parents can help protect children against rheumatic fever by having prompt and thorough medical treatment for streptococcal sore throats.

Not every sore throat is a "strep" throat. But if your child's sore throat comes on suddenly and if he has such other symptoms as fever, headache or nausea, see a doctor immediately.

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MAP:sl
11/23/55

FOR RELEASE WEEK OF NOVEMBER 28, 1955

Choose the Right Turkey for You

There is a turkey that will be just right for you.

Most stores have an assortment ranging from 6-pound hens to 27-pound toms from which you may choose your holiday bird, says D. J. Bray, University of Illinois poultry specialist.

The most popular birds are in the young hen or young tom class. They're less than eight months old and weigh from 10 to 25 pounds. In buying, allow at least one pound of uncooked bird per serving.

Toms cost less per pound than lighter hens because fewer people want the heavier birds. However, if you entertain small crowds, you may find a large bird economical. You can cut it in half and store one half in a locker or your home freezer for a later meal.

The best turkey has moderate depth and a well-fleshed breast that carries well back between the legs. A broad back and short drumstick also give you the most meat per pound of bird.

A well-fleshed bird has a broad, flat breast and enough fleshing over the back, legs and thighs. All parts of the dressed bird blend together, and no bones show prominently.

Plenty of finish, or fat, keeps the bird tender and juicy when you roast it. Fat is most noticeable in the feather tracts, but the whole carcass should be covered with a creamy white-layer of fat.

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MVB:sl
11/23/55

FOR RELEASE WEEK OF NOVEMBER 28, 1955

Clean Up Cluttered Stairs, Prevent Accidents

You may think stairways help you go only the places you want to go. But they may also send you to a hospital if you let stumbling blocks clutter them.

O. L. Hogsett, University of Illinois safety specialist, suggests this plan to help you keep your stairs clean: Pick your worst offender (usually one of the younger family members) and appoint him or her chief in charge of keeping the stairs clean. The chief turns his job over to the first "stairway clutterer" he catches.

While you're on the stairway problem, try to learn why things are placed on the steps. If you provide a handier and a safer place for overshoes, brooms, mops and other articles, no one will be tempted to use the stairs for storage.

Providing good lighting, controlled from both the top and bottom of the stairway, and painting the top and the bottom step white will make your stairway safer. A hand rail may prevent an accident, too.

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OLH:sl
11/23/55

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 5, 1955

Good Light Important to Child's Studying

Your child's eyes are worth much more than the few extra cents it may cost you to improve his study light, says Dorothy Iwig, home furnishings specialist at the University of Illinois.

A good study table lamp is about 25 inches tall from the base to the top of the reflector. The lower edge of the shade is about 15 inches above the table top. A shade with a light color inside, but one that won't let too much light through, is best for desk work. Use a 50-100-150 bulb or a 150-watt frosted bulb. A light desk blotter will prevent reflections and eliminate contrasts with light-colored papers.

If you're right handed, place the lamp base 15 inches left of the work center and 12 inches from the front edge of the desk.

In using wall lamps, put the centers of the shades 30 inches apart, 17 inches from the desk front, and the lower edge of the shade 15 inches above the desk top.

A fluorescent lamp that sends light up to the ceiling and back to books and papers is also good. The over-all brightness of this lamp is almost the same as the brightness of nearby surroundings. Use two 20-watt fluorescent lamps in a 25-inch fixture.

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MVB:mi
11/29/55

FOR RELEASE WEEK OF DECEMBER 5, 1955

Bake Your Xmas Gifts

Cookies, cakes, pies, plum puddings and Christmas breads make perfect gifts to special friends, says Eleanor Huguenard, member of the home economics foods research staff. Fruit cookies and gum-drop cookies are especially appropriate. Select gum drops and fruits to carry out holiday colors; avoid colors like black that aren't usually associated with food.

If you want a product that is similar to fruitcake in texture and flavor, but one that doesn't require aging, try applesauce cake. It retains its moistness and freshness, has fruit and nuts and is quick to make.

Mincemeat pies with pastry bells on top will add a merry note to a friend's Christmas. Try baking the pies in individual aluminum foilware pans. Then place the pie and pan on a paper plate, wrap in clear or colored cellophane and tie with a bright ribbon and a holly sprig.

Or bake fragrant plum puddings in individual star molds and save them as gifts for unexpected visitors on Christmas day.

Rolled or pressed cookie dough can be easily shaped into trees, bells, wreaths, sleighs and stars. Decorate with colored sugars, candied fruit and other edible sweets.

If you're mailing cookies, protect them with some sort of wrapping--aluminum foil, waxed paper or cellophane. Transparent

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wrappings will show off your gift and add to the attractiveness of the package.

Fragile cookies should be wrapped separately or back to back in pairs. You can alternate rows of different kinds, but make sure they're flat and do not overlap. Separate the layers with plenty of crushed or shredded paper so that they will stay in place, and put filler on the bottom and top and around the sides. Fill the container and pack the cookies firmly, but don't crush them.

A double box with filler between the boxes is a good choice for mailing. Be sure to wrap tightly with heavy paper and cord, and mark the box "perishable."

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LAW:mi
11/29/55

FOR RELEASE WEEK OF DECEMBER 5, 1955

Cranberries Easy to Freeze

Include extra cranberries in your market order this week.

Freeze and serve them to your family after the holidays--when they aren't expecting to see these sparkling red berries, says Geraldine Acker, University of Illinois foods specialist.

Cranberries are easy to freeze. Leave them in the sealed bag and place in your freezer. Take them out in two or three months and use them as you would fresh berries.

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Extra Dressing Garnishes Turkey and Platter

Dressing usually dresses up the traditional holiday turkey, but you can also use it to decorate the platter, says Dorthy Figge, University of Illinois foods specialist.

Make extra dressing and put it in muffin tins. Cover them with foil and place in the oven for the last hour of roasting. When you're ready to serve, unmold them and use with parsley on the platter as garnishes.

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MVB:mi
11/29/55

for weeklies

Homemaking news

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FOR IMMEDIATE RELEASE

Consumer Courtesy Pays Off

During the Christmas season--and all through the year--be sure that what you buy is the right size, is practical and has no flaws.

Almost 10 percent of all purchases are returned, says Helen Zwolanek, University of Illinois clothing specialist. And around Christmas the percentage tends to grow even higher.

Many of these returns are legitimate. But many purchases are returned for reasons other than flaws or size. Many shoppers take articles home on approval or take similar articles from several stores to compare them and then return the ones they don't want. These items sometimes remain out of stock for more than a week, limiting their display time in the store.

Don't forget the extra cost in time and money for the store when you take items home on approval. Delivery charges, special handling and care of returned garments are extra expenses.

Some items cannot be sold after they are returned and therefore must be marked down. This adds to the over-all cost, which usually comes from the consumer's pocketbook.

Save time for the store and time and money for yourself when you shop. If you don't know what size to buy or aren't sure what you want, why not buy a gift certificate?

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12/7/55

FOR IMMEDIATE RELEASE

Include Roast Goose on Christmas Menu

From browned skin to flavorful meat, roast goose is good eating, so why not include it on your Christmas menu?

The ready-to-cook goose you buy on today's market is meatier and of better quality than the one you bought a few years ago, says Geraldine Acker, University of Illinois foods specialist.

You'll find goose a good variety meat for fall and winter meals. Popular sizes vary from 4 to 14 pounds. About one pound, ready-to-cook weight, per serving is a good allowance.

When you prepare goose for roasting, it may or may not be stuffed. Stuffings with little or no fat are usually preferred. Celery, onion, apple, cranberry, dried fruit stuffings, sauerkraut and mashed potato are among the favorites.

Whether or not you stuff the body cavity, close the abdominal opening by lacing cord around skewers as you lace shoes. Begin with the middle of the cord across the top skewer. After lacing, loop the remaining cord around the drumstick ends and pull them slightly toward the body before you tie the ends.

Now roast the goose promptly. Place it breast down on a rack in a shallow uncovered pan. Roast in a slow oven (325° F.). Don't add water or fat. Goose contains a large amount of fat and is self-basting. Spoon fat out of the pan while the bird is roasting. You can use this later for shortening or cooking fat.

When the goose is about two-thirds done, turn the breast up and finish roasting. An 8- to 10-pound goose requires from 3 1/2 to 3 3/4 hours of cooking time.

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12/7/55

FOR IMMEDIATE RELEASE

Christmas Tree Safety

Before you decide where to put your Christmas tree and what lights to buy, consider the safety factor.

Place the tree close enough to an electrical outlet not to need an extension cord, suggests O. L. Hogsett, University of Illinois safety specialist. This will eliminate danger of shock from a faulty cord, difficulty in making a good connection and the possibility that someone may trip over a long cord.

If you put the tree in a large bucket of sand and keep the sand moist, it won't dry out and the needles won't drop so early.

The best strings of lights are those wired in parallel connection. When one bulb burns out, the rest remain lighted. However, in a series connection, all lights go off when one burns out.

Be sure all bulbs screw far enough into the sockets to prevent tinsel from touching the metal part of the socket. The better strings of lights have a fiber washer pressed against the socket by the bulb. This keeps out foreign material and also prevents shock if you touch the metal part of the bulb or socket when the lights are on.

The Underwriters' Laboratory label should be attached to any string you buy. This means that the lights have passed certain tests and are safe to use in your home.

Be sure the fuse on the circuit supplying the tree lights and electrical toys is not more than 20 amperes. Whenever you leave the house, turn the tree lights off.

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OLH:mi
12/7/55

for weeklies

Homemaking news

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FOR IMMEDIATE RELEASE

Vitamin A Sparks Growth, Sharpens Sight

Vitamin A sparks your growth and sharpens your night eyesight.

Impaired growth and night blindness become things of the past when you get the proper amounts of vitamin A that are found in a balanced diet, says Beula McKey, University of Illinois foods and nutrition specialist.

Yellow and leafy green vegetables and some yellow fruits contain carotene, a substance that the body changes to vitamin A. Liver and whole milk contain carotene before it becomes vitamin A.

Carrots are one of the cheapest vitamin A sources. One serving contains almost a day's recommended allowance. Liver is another source, and one serving has more than the recommended adult allowance.

Such vegetables as spinach, celery and cabbage contribute vitamin A. Sweet potatoes, winter squash and pumpkin, all plentiful this season, are also rich vitamin A sources. Apricots and yellow peaches add vitamin A to your diet.

When selecting foods, remember that the deeper the green or yellow color, the higher the vitamin A content.

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12/14/55

FOR IMMEDIATE RELEASE

(Note to the Editor: The following are New Year's party suggestions from E. H. (Duke) Regnier, University of Illinois rural recreationist.)

Party Ideas Ring in New Year

Greet '56 in Your Kitchen

Greet 1956 in your kitchen. Give each guest a holiday menu decorated with a sprig of holly or mistletoe, listing the evening's refreshments. Divide the guests into groups and give each a recipe and utensils and ingredients they'll need. Allow them two hours to prepare the food. Then you and volunteer guests judge the products and award prizes for the best--chefs' aprons or menu makers.

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Sadie Hawkins Party Heralds Leap Year

Bring in the 1956 leap year with a Sadie Hawkins party. Ask the women to dress as Daisy Mae and the men as Li'l Abner. Give corncob pipes to the Daisy Maes and ball and chains to the Li'l Abners. You can attach a small Christmas tree ornament to a key chain for the ball and chain. Assign the fellows to one team and the girls to another. Then start an evening of races such as a gunnysack race or games such as charades. You can climax the evening with a word game. Let each team see how many words they can derive from the word "matrimony."

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Baby Picture Contest Welcomes New Year

Welcome the new-born year with a baby picture contest. Ask everyone to being a baby picture of himself. Give all guests paper and pencil and ask them to identify the pictures as you pass them around. Awards for the best guesses could be a calendar, a diary or a yearly

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expense book. Or you could give awards for the prettiest boy baby, prettiest girl baby or person who has changed the most.

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Pass Time With 'Beat the Clock'

While you wait for the new year, play Beat the Clock. Set a time limit for your guests to blow up two or three balloons or let them find a burned-out bulb you've placed on your Chiistmas tree. Or you could have them throw confetti, one piece at a time, into a cup two or three feet in front of them.

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Guess Authors of New Year's Resolutions

Have each guest write a New Year's resolution on a piece of paper. Collect them and have the guests try to guess the author of the resolutions as you read them.

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Pantomime This Year's Resolutions

Have your guests give pantomimes to represent a New Year's resolution while the other guests guess what the resolution is.

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LAW:sl
12/13/55

for weeklies

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FOR IMMEDIATE RELEASE

Children in Car Need Extra Precautions

A few special precautions when children ride in your car can help guarantee an accident-free trip, says O. L. Hogsett, University of Illinois safety specialist.

If you want your children to ride in the rear seat of a four-door car, install an outside latch to keep the door from being opened from the inside.

On some cars the locking mechanism can be fixed so that the inside handle won't work when the push-button lock is down. A mechanic can easily fix this for you.

Doors can cause trouble even when you're stopped. Be sure children's hands and feet are clear of the door before closing it.

It's also a good idea to teach children to stay seated when the car is moving. If they can't see what's going on without standing, fix them raised seats.

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12/21/55

FOR IMMEDIATE RELEASE

Rip-Stitch Scissors Save Material, Seams

Rip-stitch scissors solve the problem of damaging material and seams when you remove machine basting, says Fern Carl, clothing specialist at the University of Illinois.

There's no chance of accidentally cutting material with these scissors because the cutting edges of the blades are rounded the last ½ inch at the points and the points are blunt.

The tip of one blade is pointed but dull, and the other rounded.

To use these scissors, hold the tips of your fingers at the blades with the pointed blade down. Put the pointed blade under the stitch and pull until the threads break. Slip the point under another stitch near by, and pull the ends through until you have a single thread and a loop.

Then twist the scissors in your hand and close the blades. Pinch the thread as close to the stitching as you can, and keep the blades parallel to the material as you do it. Then quickly draw the closed blades toward you over the line of stitching.

Since you pull instead of cut the stitches, there's no danger of cutting the material and you don't have to remove small pieces of thread.

After practicing a few times, you'll find these scissors safer to use than razor blades or sharp-pointed scissors. They help to remove regular machine stitching as well as machine basting.

The rest of the blades of the rip-stitch scissors are sharp, making them good for various snipping and cutting jobs.

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MVB:sl
12/21/55

FOR IMMEDIATE RELEASE

Check Living Room for Space, Utility

Save space and increase utility by checking the efficiency of your living room.

You can save space by using furniture having two purposes. For example, a chest of drawers can be a dining table. Or you can raise coffee tables and use them as game tables, says Ellen Hansen, University of Illinois textiles and clothing instructor.

Adequate walking space between pieces of furniture increases utility. Allow five feet between chairs that face each other. Eighteen inches between a chair and a coffee table provides enough space for normal use.

Make sure your furniture arrangement allows complete use of lighting facilities. See that lighting around couches and chairs is adequate for reading.

Try different arrangements, and find where you can get the best lighting. Place table lamps where they can't be tipped over. Children may trip over cords running through the middle of a room, so keep them on the edges of your rooms whenever possible.

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